SHS to host spay/neuter clinic on Aug 21-31. PAGE 2
Marianas visitor arrivals up 142% in July 2023. PAGE 3

Hafa Adai!

Saipan Tribune

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THE CNMI'S FIRST DAILY NEWSPAPER

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4 mayors: Amend 'touchback'

CONTRIBUTED PHOTO

From left, Northern Islands Mayor Valentino N. Taisacan, Tinian Mayor Edwin P. Aldan, Rota Mayor Aubry M. Hocog, and Saipan Mayor Ramon "RB" Camacho.

The four mayors of the CNMI have united in solidarity with the Saipan Chamber of Commerce and the business community across the Marianas to advocate and express their support for the passage H.R. 1420, which seeks to delay the "touchback" requirement.

The "touchback" provision under the NMI U.S. Workforce Act of 2018 mandates CW-1 permit holders to leave the CNMI for at least 30 days before applying for their third renewal.

See MAYORS on Page 4

KIMBERLY B. ESMORES

The price display at a Shell Marianas gas station on Middle Road shows the new gas prices.

Gas prices up 5 cents

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

Fuel prices in the CNMI continue to increase gradually, with Shell Marianas taking the lead early yesterday afternoon with another 5-cent price hike.

Although Mobil Oil Marianas usually leads the way in terms of setting gas prices, it seems the oil company had

See GAS on Page 4

OPA: 45 audit, inspection recommendations still unresolved

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

» Of 45 audits, 34 issued to Finance

As of June 30, 2023, the Office of the Public Auditor tracked a total of 45 audit and inspection recommendations issued to the Department of Finance, Department of Lands and Natural Resources, Commonwealth Healthcare Corp., and Commonwealth Election Commission and determined that, based on nine official responses, no recommendations were resolved.

Unresolved recommendation refers to one in which the

See OPA on Page 4

'Close to $30M in debt to vendors is scary, baffling'

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The fact that the CNMI has close to $30 million in outstanding debt to vendors is a scary and baffling thought to Gov. Arnold I. Palacios.

Speaking at a press briefing in the governor's small conference room last Monday, Palacios said "it's crazy" to owe vendors that much considering

See CLOSE on Page 4

INSIDE

SUPPLEMENT
Today's newspaper issue comes with a pullout supplement, "Welcome Back to School."
PAGE 9

BUSINESS
Japan's economic growth jumped at an annual pace of 6% in the April-June period.
PAGE 20

WORLD
The unprecedented violence shaking Ecuador claimed the life of another political leader.
PAGE 21

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GOT A NEWS TIP? TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

Local

SHS to host spay/neuter clinic on Aug 21-31

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER

The Saipan Humane Society would like to remind the community of their upcoming spay/neuter clinic on Aug. 21-31 with a visiting veterinarian from the nonprofit, Animal Balance.

The clinic will take place at the Mayor's Office Dog Control Shelter in As Perdido. During this time, SHS will be closed for routine and wellness appointments as all efforts will be focused on the clinic. They will, however, still accept emergency and urgent cases for life-threatening medical issues.

To sign up for the clinic, visit the SHS website at www.saipanhumanesociety.org and follow the links. If you have issues signing up, reach out to the SHS team via WhatsApp message at +1 670-838-7387 or info@saipanhumanesociety.org.

You can also sign up with this link.

https://bit.ly/SHS_online-booking

CONTRIBUTED PHOTO

Lauren Cabrera, founder of Saipan Humane Society, laughs as one of their patients licks her face.

Instructions for booking are as follows:

Step 1: Click Spay and Neuter Appointment

Step 2: Input your pet 's species/sex and weight to search time slot.

Step 3: Select an available time slot according to your own schedule.

Step 4: Input your personal information.

Due to technical issues, for address, click "Enter Custom Address" to enter your village and P.O. Box.

Step 5: Click next on "Animal "Information"

Step 6: Input your animal information—one pet per appointment. You can use same personal information with different animals.

Step 7: Confirm your appointment

Using this electronic sign-up greatly saves time for the SHS team, allowing them to focus their efforts on tending to sick animals in the community.

The cost for surgery is $75 for female dogs, female cats, and male dogs. For male cats, the cost is $50. An additional $25 may be added for a very pregnant or large dog.

Sterilization is the first defense in sustainable animal population control. Sterilizing your pets will improve animal welfare on the island by reducing the number of puppies and kittens born.

Additionally, it reduces the risk of certain deadly illnesses and cancers such as pyometra (uterine infection) and mammary (breast) cancer. Your pet will also experience a happier life if they are not constantly fighting the urge to go wander and find a mate. They may leave your property less, and be more loyal companions focused on their duties as a pet or guard animal rather than focused on reproducing.

As always, SHS is grateful for the support of the community and especially the Saipan Mayor's Office for allowing use of their clinic space for these important events. If you would like to sponsor lunches for their volunteer team, or any services for their volunteer veterinarian, reach out to them at the number/email above.

Welcome
BACK TO SCHOOL
SCHOOL BUS
"Education is the key to unlocking the world, a passport to freedom."
— Oprah Winfrey
From the Management & Staff of
Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER

Clear The Shelter Month event at dog pound

CONTRIBUTED PHOTO

The Saipan Humane Society and Saipan Mayor's Dog Control Program will be showcasing their adoptable animals today, Aug. 16, from 10am to 2pm at the Saipan Mayor's Dog Control Shelter.

In honor of national Clear The Shelter Month, Saipan Humane Society and the Saipan Mayor's Dog Control Program will be hosting an exciting event today, Aug. 16, 2023, where they will be showcasing their adoptable animals.

This event, which will take place from 10am to 2pm at the Saipan Mayor's Dog Control Shelter, will include cat and dog food distribution by donation, and pet supplies available for purchase. There will also be face painting available by donation. Additionally, Saipan Humane Society will be offering their usual animal healthcare services, including vaccines, Bravecto, and health consultations by fee.

All adoptable dogs and puppies will come with first vaccines, flea/tick medication, deworming, and $10 off spay/neuter with a guaranteed appointment at the upcoming clinic.

For those in the community interested in spaying or neutering their pet, visit the website at www.saipanhumanesociety.org to self-schedule. If you do not see any appointment available, reach out to the team at 1 (670) 838-7387. ***(SHS)***

Marianas visitor arrivals up 142% in July 2023

Arrivals to the islands of Saipan, Tinian, and Rota grew 142% to 25,089 visitors in July 2023, compared to 10,367 visitors received in July 2022, according to the Marianas Visitors Authority.

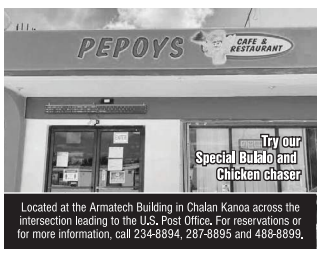
Visitor arrivals from South Korea reached 20,627 compared to 8,444 in July last year. This marks the first month the market has surpassed 20,000 arrivals since prior to the pandemic. Strong demand in Korea has generated an abundance of air service to the Marianas by Jeju Air, T'Way, and Asiana Airline from Seoul and newly launched daily flights by Jeju Air from Busan through October. By the end of fiscal year 2023, available air seats from Korea are projected to be restored to 78% of the number available before the pandemic.

The Marianas received 898 visitors from Japan in July 2023 compared to 109 visitors in July 2022. In its marketing efforts, the MVA continues to face the obstacles of a strong U.S. dollar and a Japan national travel discount program that offers up to 20% discount to encourage domestic—rather than outbound—travel. Also, many Japanese are still hesitant to travel due to fears of COVID-19, especially as a large percentage of Japanese children are not vaccinated.

China arrivals were at 1,075 compared to 47 arrivals in July 2023. Most visitors from China are considered FITs—or free independent travelers—arriving via Seoul and Tokyo. The China National Tourism Administration reinstated the Marianas on its Approved Destination Status list last week, allowing package tours and charter flights to the destination once again. Prior to the pandemic, China was one of the top source markets for the Marianas. While the market is anticipated to continue incremental growth, it is expected that it will take several months before charter flights resume and more arrivals are seen.

"Today's action to restore the United States as an approved destination for Chinese group travel is a significant win for the U.S. travel and tourism industry and an important step forward to promote the type of people-to-people exchange that is crucial for our bilateral relationship," said U.S. Department of Commerce Secretary Gina Raimondo upon announcement of the Approved Destination Status. "This has been the culmination of months of hard work between the U.S. Department of Commerce and the People's Republic of China Ministry of Culture and Tourism. Before COVID, as many as 3 million Chinese travelers visited the United States annually, contributing more than $30 billion to the U.S. economy. We look forward to once again welcoming Chinese group travel to the United States."

Overall, visitor arrivals to the Marianas have recovered 44% year-to-date compared to fiscal year 2019 before the pandemic. In July the Marianas also received 1,181 visitors from the United States, 985 visitors from Guam, and a combined 323 visitors from all other markets. Included in the arrival count is one port call by the USS John Finn. ***(MVA)***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Located at the Armatech Building in Chalan Kanoa across the intersection leading to the U.S. Post Office. For reservations or for more information, call 234-8894, 287-8895 and 488-8899.

$20K bail for man accused of assaulting woman

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Superior Court has imposed a $20,000 cash bail on a man accused of assaulting a woman and threatening her with a handgun.

Camacho

During a bail hearing last Friday, Superior Court Associate Judge Joseph Camacho imposed a $20,000 cash bail on William David Hart Jr., 40, who is facing charges of disturbing the peace, assault, assault and battery, and assault with a dangerous weapon.

After the bail hearing, Hart was remanded back to Department of Corrections custody and was ordered to return to court on Aug. 18, for a preliminary hearing. Hart's arraignment is set for Aug. 21.

According to court documents, the victim in this case drove to the Department of Public Safety main office in Susupe last Thursday to file a complaint against Hart.

Based on that complaint, she alleges that Hart has been under the influence of methamphetamine for a while now and has been extremely aggressive with her and her minor child.

The victim said that Hart picked a fight with her on Aug. 9 because he allegedly didn't want to go to work because of his gout. As the argument escalated, the victim said Hart threatened to shoot her and others, which terrified the victim, causing her to leave the residence.

Hart allegedly tried to stop her, but when she drove off, he followed her to a nearby church. There, the pastor allegedly counseled them but this further angered Hart, resulting in him assault her in the church.

After further counseling from the pastor, the two left but the victim said she sensed that Hart was still angry with her for talking to the pastor.

On Aug. 10, the next day, the victim managed to get Hart to go with her to a local bakery for breakfast. There, the victim said she took her chance and, as Hart was getting their breakfast, she drove off in his car to DPS to file her report.

The victim told police that there have been other instances when Hart allegedly assaulted and threatened her with a gun.

Supreme Court affirms dismissal of case due to lack of prosecution

On Aug. 10, 2023, the CNMI Supreme Court issued its opinion affirming a trial court decision dismissing the case of Department of Public Lands v. Blas. The defendant asked the trial court to dismiss the case after the Department of Public Lands failed to move the case forward for an extended period, and the trial court granted the defendant's request.

In affirming the decision, the Supreme Court found that the trial court did not abuse its discretion by dismissing the case. The high court considered several factors, including the fact that the delay was so long that several key witnesses had passed away. The dismissal was made without prejudice, meaning the Department of Public Lands could bring the case again if it desired. ***(PR)***

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

IN RE THE MATTER OF THE APPOINTMENT OF AS GUARDIAN OF THE ESTATE OF:	] FCD-GU] CIVIL ACTION] NO. 22-0266]]
B..J.M.J Minor Child By: Imelda M. Jones Petitioner	] **NOTICE OF**] **HEARING**]]]

PLEASE TAKE NOTICE that a Petition for Appointment of Guardian for the Estate of the above-named minor children (Name of Petitioner) Imelda M. Jones, Petitioner, was filed with the above-entitled Honorable Court.

A HEARING of said Petition will be held at the above-entitled Honorable Court at Superior Court before Associate Judge Teresa Kim-Tenorio on the **23rd day of August, 2023 at 9:00 a.m.** in Courtroom 217A or as soon as thereafter.

Patrick V. Diaz
Clerk of Court

/s/ Gregorio U. Tudela
By: Deputy Clerk of Court

Commonwealth Utilities Corporation

JOB VACANCY ANNOUNCEMENT

JVA No. 23-097

Opening Date: Friday, August 11, 2023
Closing Date: Thursday, August 24, 2023

POSITION TITLE:	**IT Analyst**
DEPARTMENT:	**COA/Information Technology**
LOCATION:	**Saipan, Northern Marianas Islands, USA**
ANNUAL SALARY:	**$40,084.00 to $54,113.00 per annum, Exempt**
CONTRACT:	**Contracted**
POSITION(S):	**One (1)**

The incumbent will be under the direct supervision of the IT Administrator or his/her designee. CUC is seeking an experienced IT Analyst to be responsible for the design and implementation of functional and cost-efficient information systems to meet and achieve the Corporation's needs.

Duties:
- Develops applications and workflows in MS365.
- Updates firmware for firewall, switches, routers, wireless controllers, access points, physical servers, workstations, etc.
- Updates and upgrades servers OS, workstations, IOS and other mobile devices.
- Updates and creates group policy objects.
- Maintains domain user accounts and accesses at the lest privileged.
- Updates and maintains DHCP server users' IP addresses, printers on Print servers, etc.
- Maintains, checks, and tests encrypted backup locally and in the cloud.
- Updates, adds, removes, and disables users from on-prem AD, AzureAD and MS 365.
- Maintains and administers computer networks and related computing environments including computer hardware, systems software, applications software, and all configurations.
- Resolves and documents system errors, network and performance issues.
- Maintains and updates IT Department tangible and intangible assets inventory.
- Maintains and updates Endpoint Security and endpoints.
- Maintains and improves company security posture.
- Monitors and updates network performance and status using third party monitoring software.
- Develops and updates IT department policies and procedures.
- Monitors end-of-life (EOL) on existing infrastructure, plans, and replaces on time.
- Troubleshoots network issues, routing problems, blocked websites, VPN connections, etc.
- Adds, moves, and troubleshoots VOIP phones and analog phones and devices.
- Provides physical and remote technical user support.
- Responds to after-hours and weekend calls.
- Performs other duties assigned by IT Administrator.

Minimum Requirements:
Education: Bachelor's Degree in Information Technology or directly related field.

Experience: Four (4) years of related professional information technology experience; or an equivalent combination of education and experience sufficient successfully perform the job's essential duties such as those listed above.

Experience working with different programming language such as Azure and MS365 or AWS or similar cloud environment. Deployment, configuration and maintenance of the following: Microsoft 365, exchange online, SharePoint, Teams, OneDrive PowerApps; vSphere VMware ESXI, IDRAC, vCenter/Hyper-V; Windows Server 2016 or higher and Active Directory, DNS, DHCP, IIS, RDS, File Server and Print Servers and Linux Server; Cisco L2/3 Switches, VLANs, OSPF and BGP & Routers; Sonicwall NSA/Cisco/Peplink Firewall or other enterprise firewalls, VPNs, SSL; Ubiquity Wireless Controller and access points, Meraki or similar; Kaspersky Endpoint Solutions and Security Center or similar Endpoint Solutions; Acronis Cyber Protect or similar cyber-backup and cloud solutions; TeamViewer, Zendesk or similar remote applications; BitLocker or similar endpoint encryption; SANs & NAS RAID configuration; Hardware hardening and Network Security; NVR and IP cameras; Basic knowledge on security standards and regulatory compliance, PCIDSS, NIST, ISO. Experience working with JSON, SQL, C#, JavaScript is preferred.

Knowledge of: Applicable hardware, software, system and technology principles, methods, and support techniques;Systems analysis and design methods, procedures, and techniques; Business methods, principles, and practices; Customer service principles; Database maintenance principles; Modern office technology; Budgeting principles; Basic mathematics.

Skills in: Providing analysis and design in support of information technology and business processes; Evaluating and maintaining existing systems and equipment; Developing and implementing technology solutions to meet business requirements; Analyzing system performance, troubleshooting issues, and maintaining system functionality; Monitoring, configuring, installing, testing, and maintaining assigned systems and equipment; Preparing and maintaining reports, system documentation, and procedures; Providing technical end-user support and training of software and systems; Prioritizing requests and managing time; Serving as a technical liaison with internal staff and external service providers; Recommending the acquisition of software and equipment; Providing customer service; Utilizing a computer and relevant software applications; Utilizing communication and interpersonal skills as applied to interaction with coworkers, supervisor, the general public, and others to sufficiently exchange or convey information and to receive work direction.

- **Licensing:**
  - o Valid CNMI Driver's License with appropriate class.
  - o CCNA, VCP, MCSA, Network+ or similar certification preferred but not required.
- **Physical Demands:**
  - o Occasionally required to lift and/or move up to 20 pounds and frequently lift and/or move up to 10 pounds.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday to Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org.

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131
CUC is an Equal Opportunity Provider and Employer.

20 new citizens are sworn in

KIMBERLY B. ESMORES

The U.S. District Court for the NMI swore in 20 new U.S. citizens through a special naturalization ceremony at the federal courthouse in Gualo Rai last Monday.

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The U.S. District Court for the NMI has sworn in 20 new citizens in a special naturalization ceremony last Monday.

Magistrate Judge Heather L. Kennedy administered the oath of allegiance to 20 newly naturalized U.S. citizens through a court special session naturalization ceremony at the CNMI federal courthouse in Gualo Rai.

The ceremony saw the naturalization of Zenaida Alota Abendan, Janica Centeno Ada, Emelita Baladad Babauta, Manuel Dela Cruz Bernal, Vilma Francisco Bernal, Leonardo Macabulos Caacbay, Manuel Garanganao Cabaluna, Gregoria Mendoza Canilao, Kwai Shing Patrick Chan, Lorna San Mateo Chan, Hongtai Chen, Rolando Padilla Dacumos, Baltazar Dizon De Leon, Virgie Limos Manglona, Salvador Sumat Marquez, Rodel Olan Matundan, Jeffric Christian Dimaano Mendoza, Mercedes Caridad Narciso, Sombat Innoi Shankweiler, and Renante Agot Tadtad.

During the ceremony, the new U.S. citizens heard from the keynote speaker, Dr. Rita Sablan, former Education commissioner and current vice chair for the Marianas Public Land Trust, who shared her journey to becoming a naturalized U.S. citizen herself, about the hardships she and her family faced as she pursued higher education in the U.S. mainland.

She stated that, for a while, she had a student visa and her family shouldered most of the cost to put her through school.

However, when the CNMI officially became part of the United States, she and many others were able to apply for naturalization.

After being naturalized in 1986, Sablan shared that many opportunities opened up for her, including scholarships that ultimately helped her pursue higher education, which she still uses to help the islands to this day.

Sablan told the newly naturalized citizens to take advantage of the many opportunities now available to them—be it education, travel, or whatever. But in doing so, Sablan also reminded the new citizens that with these new opportunities come new responsibilities.

She urged them to remember to perform their civic duties as citizens, which includes serving in a jury and voting during elections.

OPA

From page 1

agency cannot take immediate action, or OPA has not been informed by the agency or department of any action taken to address the recommendation.

Dora Deleon Guerrero, who is the temporary Public Auditor, provided members of the Interagency Audit Coordinating Advisory Group yesterday with a copy of the status report on CNMI agencies' implementation of recommendations reported in audit and inspection reports issued by OPA.

OPA received nine official responses, but based on the responses, no recommendations were resolved.

OPA did not receive official responses from Finance on the audit of cash on Tinian and Rota, and from DLNR on the audit of the Outer Cove Marina Facility.

According to OPA's report on the status of audit recommendations, the unresolved items at Finance include eight on an audit of government vehicles, seven on an audit of cash on Tinian and Rota, nine on an audit of the Hotel Occupancy Tax, two on. an audit of the CNMI government travel policy, two more on am audit of government vehicles, five on an audit of the CNMI government's fuel contract, and one on an audit of excise taxes.

Unresolved recommendations in other agencies include two on an audit of DLNR's Outer Cove Marina Facility, five on an audit of CHCC's CNMI Medical Referral Services Office, three on an audit of CEC's inspection of ballot accountability, and one on an audit of CHCC's patient revenue cycle.

OPA did commend Finance for its efforts to resolve most of the 34 outstanding recommendations.

In Finance's response last June 30 to the finding on an audit of government vehicles, it stated that the Division of Procurement Services is creating an administrative manual that is 75% complete, with a final review slated for October 2023.

Among other OPA recommendations was for Procurement Services properly store documents in an orderly and efficient manner to ensure all supporting documents are easily accessible and readily available.

In Finance's response last June 30, it states that the Procurement Services recently moved from the Horiguchi Building to the former Arts Council Office in Capitol Hill. Files have been stored in a secure room, pending renovations to a 40-foot container (aircon and shelf installations).

OPA commends Procurement Services towards resolving the recommendation. OPA will follow up on the progress towards addressing the recommendation in the next reporting period.

A longer version of this story is available at www. saipantribune.com

GAS

From page 1

yet to change its prices by 5pm press time. They are expected to do so, however, today.

With this increase, a gallon of regular fuel went from $5.51 per gallon to $5.56 at Shell. Diesel went up from $5.83 per gallon to $5.98.

The recent increase in fuel prices follows a string of increases in the last few weeks.

The first increase was seen back on July 19, after more than two months of steady fuel prices. Mobil Oil Marianas broke the streak with a 15-cent increase. Regular fuel went up from $5.11 per gallon to $5.26 per gallon.

Less than a week after, on July 25, Shell Marianas surprised the CNMI community when it took the lead in implementing a 10-cent increase that brought regular fuel prices up from $5.26 per gallon to $5.36.

Again, less than a week after, on Aug. 2, gas went up 15 cents. With the previous increase, fuel went up from $5.36 per gallon to $5.51.

The 5-cent increase struck some motorists as a bit "weird" and a little ridiculous.

"A 5-cent increase is just so weird to me. Why take the time and increase prices if it's just 5 cents? I guess I don't know how the industry works but it's just ridiculous for regular folks," said a 27-year-old motorist.

A local motorist and former gas attendant said that fuel prices actually usually increase during this time of the year.

"Summer is basically over. Students are going back to school so it means more cars and buses will be back on the road. This means there will be an increase in the demand for gas. From what I gathered, gas usually goes up when the demand for it goes up too," he said.

CLOSE

From page 1

that the CNMI had $600 million in federal funds.

"It baffles the mind, really. But that's the situation we're in," he added.

The governor talked about how much the government owes its vendors in response to a question about what the administration is going to do with the Federal Emergency Management Agency's recent announcement that the CNMI will be receiving $9.8 million in reimbursements for expenses incurred in responding to the COVID-19 pandemic.

Delegate Gregorio Kilili C. Sablan (D-MP) had disclosed over the weekend that the $9.8 million reimbursement covers $8,016,548 for expenditures related to building the Alternate Care Sites and the remaining $1,788,972 is for expenses related to COVID-19 testing. The CNMI built two ACS at the height of the pandemic: one at the parking lot of the Commonwealth Health Center and another at the former Kanoa Resort.

Palacios said they have already been paying a certain amount upfront for the ACS, so the incoming funding will be either for some of the amount that they have not fully paid yet.

He said he specifically asked Finance how much they paid for the alternate site at Kanoa Resort over that period and how much they still owe the hotel.

The governor said some of the money that FEMA reimbursed might have to go back to the general fund.

He said they were able to accelerate the contracting of a single audit with Ernst & Young for fiscal years 2021 and 2022.

"What all those audits are going to reveal is something that we look forward to finding out," the governor said.

MAYORS

From page 1

The four CNMI mayors—Rota Mayor Aubry M. Hocog, Tinian Mayor Edwin P. Aldan, Saipan Mayor Ramon "RB" Camacho, and Northern Islands Mayor Valentino N. Taisacan—believe that this rule, combined with extensive processing times, is creating uncertainties for businesses in the CNMI, which is significantly disrupting labor availability and economic stability.

"While the CNMI has made great strides to train our local workforce to reduce reliance on foreign labor, the fact is there are a significant number of positions that remain unfilled due either to lack of skilled labor or human resources to fill critical positions in the service industry, which are vital to our tourism industry and our economic sustainability," said the mayors in a joint statement.

"We need to have a commonsense approach to this critical issue based on data that compares the human resources needs of various industries versus the actual availability of an employable market pool. The business sector is the backbone of our economy, and they are telling us that this current requirement is impacting project timelines and increasing [the] cost of doing business. We are also hearing from the public sector that this rule is having an impact on the delivery of critical health care services.

"We applaud the efforts of Northern Marianas College, NMI Technological Institute and the [CNMI] Department of Labor for their aggressive efforts to provide training for our local workforce. We stand committed to support and promote these efforts through our respective offices. We encourage all our citizens to avail of the programs and services that they provide to develop and improve their job skills.

As we continue the efforts to further reduce our reliance on foreign labor, we must be cognizant of our current labor needs and take a commonsense approach to ensure that the CNMI has an adequate supply of labor to fill jobs across both the public and private sector, which are critical to economic sustainability. We believe that amending the touchback provision in the interim is necessary to the CNMI's economic stability, especially since our economy has not recovered from the economic devastation caused by the pandemic.

"We, the unified NMI mayors, have come together to work to find solutions on matters that directly impact our respective municipalities to alleviate some of uncertainties and advocate for policies that allow for economic sustainability across the CNMI. Together, we can forge a path forward [that is] focused on achieving economic stability, thereby empowering all of our businesses, which will ultimately result in securing a prosperous future for all our citizens.

Joe C. Guerrero, who is president of the Saipan Chamber of Commerce, said their organization was honored to participate in a recent meeting with the CNMI's mayors to discuss the anticipated damaging economic impacts as a result of the touchback provision of the NMI U.S. Workforce Act.

"Along with NMI mayors, we stand unified with [Delegate] Gregorio Kilili [C.] Sablan in pursuit of [the] passage of H.R. 1420, which, if passed, would provide crucial and timely relief to our struggling small businesses. The Chamber also stand unified with other CNMI leaders, Tinian Chamber of Commerce, and Rota Chamber of Commerce in continuing to build our local workforce capacity," he added. ***(PR)***

ARC-NMI Chapter responds to Hawaii wildfires

Since the fires ravaged through the historic town of Lahaina, Maui, the American Red Cross-NMI Chapter has been on the ground working feverishly to provide hope and comfort to those affected by the fire.

Working 24/7 alongside our partners, the American Red Cross is caring for families by providing them with a safe place to stay, food to eat, and emotional support.

As of yesterday, more than 250 trained Red Cross disaster workers—from Maui, other Hawaiian Islands, and all corners of the country—are helping now with more on their way. Disaster workers are also virtually helping people affected by the fires.

"Recovering from a wildfire of this magnitude will take time and the full response community coming together to support survivors," said John Hirsh, executive director of the Northern Mariana Islands Red Cross.

What is now the deadliest wildfire in the last century has also destroyed as many as 2,700 structures, most of which were homes, leaving thousands of residents without a place to live. Since the fires began, the Red Cross and partners have provided more than 3,600 overnight shelter stays for people seeking refuge in 11 emergency shelters.

While conditions are improving, there is still a danger as firefighters fight new flare-ups in Lahaina and several other areas. First responders continue their difficult task of conducting search and rescue efforts. Many residents cannot return to their communities until these efforts are completed. Meanwhile, more than 4,500 families are still without electricity, and most phone services are also down. Where cell service is available, it is still limited and users are asked to text instead of calling.

If you have the time, you can make a significant impact as a Red Cross volunteer. Learn more at redcross.org/volunteer-today or call the NMI Chapter at 234-3459. ***(ARC)***

INDOPACOM, FSM convene annual JCM in Kosrae

ASAN, Guam—Rear Adm. Gregory Huffman, the U.S. Indo-Pacific Command's senior military official for the Federated States of Micronesia, along with FSM Vice President Aren Palik; chargé de affaires Alissa Bibb of U.S. Embassy Kolonia, and senior leaders from the FSM will convene the bilateral Joint Committee Meeting in Kosrae on Aug. 14-15.

The JCM is in accordance with the Compact of Free Association Title III: Security and Defense Relations, and enables ongoing dialogue between nations, which prove to enhance security and defense responsibilities in the region.

The JCM agenda for this year comprises of four lines of effort—defense responsibilities, support for law enforcement, increasing maritime security for sovereign borders, and preparing for and responding to hazards unique to Pacific island communities. ***(PR)***

Calling all catering, heavy equipment vendors

As part of its efforts to expand the Commonwealth's disaster readiness, the CNMI Homeland Security and Emergency Management Office is inviting food distribution (catering) vendors and heavy equipment rental companies to the first Pre-Position, Disaster Preparedness Presentation that will be held on Wednesday, Aug. 23, 2023, from 8am to 12pm at the Crowne Plaza Resort Saipan.

The presentation will focus on lessons learned from previous disasters with regard to the procurement of goods and services related to food catering services and heavy equipment rental. The discussion will also include procurement requirements, regulations, and procedures to help expedite the purchasing process in anticipation of and preparation for future disasters.

To register for the 2023 Pre-Position Planning Information Brief, visit and register at this site: https://forms.gle/FNDdNkFnfc7WEALh9. One representative from each vendor will be allowed to attend.

Additional meetings with other categories of vendors will be held at other future dates.

For more information about the presentation, contact Naomi Tagabuel by calling (670) 488-1001 or email naomi.ada@cnmihsem.gov.mp. ***(PR)***

DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

INVITATION TO BID
ITB NO.: ITB23-OGM-42300091

SUBMISSION DATE: SEPTEMBER 12, 2023
TIME: 9:30 A.M.

"PAKPAK BEACH PARK CONSTRUCTION PROJECT, SAIPAN"

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QUESTIONS REGARDING THIS ITB CAN BE MADE TO THE OFFICE OF GRANTS MANAGEMENT & STATE CLEARINGHOUSE BY AUGUST 30, 2023 TO MR. EPIPHANIO E. CABRERA, JR. VIA EMAIL AT epi.cabrera@gov.mp

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ EPIPHANIO E. CABRERA, JR.
ADMINISTRATOR, OGM

/S/ GERALDINE T. CRUZ
ACTING DIRECTOR, PS

DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

INVITATION TO BID
ITB NO.: ITB23-OGM/RT-42300090

SUBMISSION DATE: SEPTEMBER 12, 2023
TIME: 9:00 A.M.

"PONA POINT PARK CONSTRUCTION PROJECT, ROTA"

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/S/ EPIPHANIO E. CABRERA, JR.
ADMINISTRATOR, OGM

/S/ GERALDINE T. CRUZ
ACTING DIRECTOR, PS

Opinion

Hafa Adai!
Saipan Tribune
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EDITORIAL

Assassination exposes Ecuador's fragility

Democracy does not end in one day. Corruption, autocratic leadership and weak institutions gradually eat away at it. But things can get worse fast, as Ecuadorians learned this week when a presidential candidate was killed in a sicario-style execution.

The assassination of Fernando Villavicencio, 59, on Thursday, exposed the fragility of this endangered South American democracy of more than 17 million people, where drug cartels have made inroads in the last decade. Killings, extortions and kidnappings are on the rise, with no end in sight. Ecuadorians are now living in terror, afraid of leaving their homes.

Ecuador has a presidential election on Aug. 20, but many of its citizens have already lost hope in their country. The latest political assassination only validates their feelings.

Since October, U.S. federal agents have had more than 77,000 encounters with Ecuadorians along the southern border, compared to 24,000 encounters in all of the previous fiscal year, according to Customs and Border Protection. Whenever there is havoc in Latin America, we see it along the border. This exodus is the more reason for the U.S. to help tackle root causes of migration, beyond bolstering border enforcement.

What is happening in Ecuador is the latest sign of a broader problem in Latin America, where political instability threatens countries like Guatemala and Peru, and where autocracies are emerging in other nations, like El Salvador. Nicaragua, Cuba and Venezuela are already on that path.

Villavicencio was not just any political candidate. He was a journalist and a former legislator who had exposed the corruption of past governments, particularly the Rafael Correa regime, which spanned a decade ending in 2017. Correa was condemned in absentia for a kickback scheme that Villavicencio helped expose. As a legislator and leader of an oversight committee, Villavicencio exposed graft in Correa's dealings with China and Venezuela.

Ecuador was not supposed to have elections this year, but with an economy ravaged by the pandemic, President Guillermo Lasso, cornered by the Correa-led opposition determined to oust him at any cost, opted to dissolve the National Assembly and call for a snap election. He decided not to run.

While Villavicencio was not favored to win the presidential election, he was vying for the second spot in a runoff that would happen in October if no candidate were to win a majority of votes.

With the economy at a standstill, Mexican drug cartels allied with local gangs are exposing ill-equipped security forces and a corrupt justice system unable to keep criminals behind bars. Meanwhile, Ecuadorian politicians seem more interested in partisan vendettas than in tackling crime.

The country's independence day was Thursday. Instead of a celebration, there was only sorrow. In his last speech at a political rally in the capital city of Quito, Villavicencio, who already knew he had been threatened by criminal gangs, said: "This democracy has cost us our life." It was a prophetic statement for Villavicencio and an omen for an entire nation.

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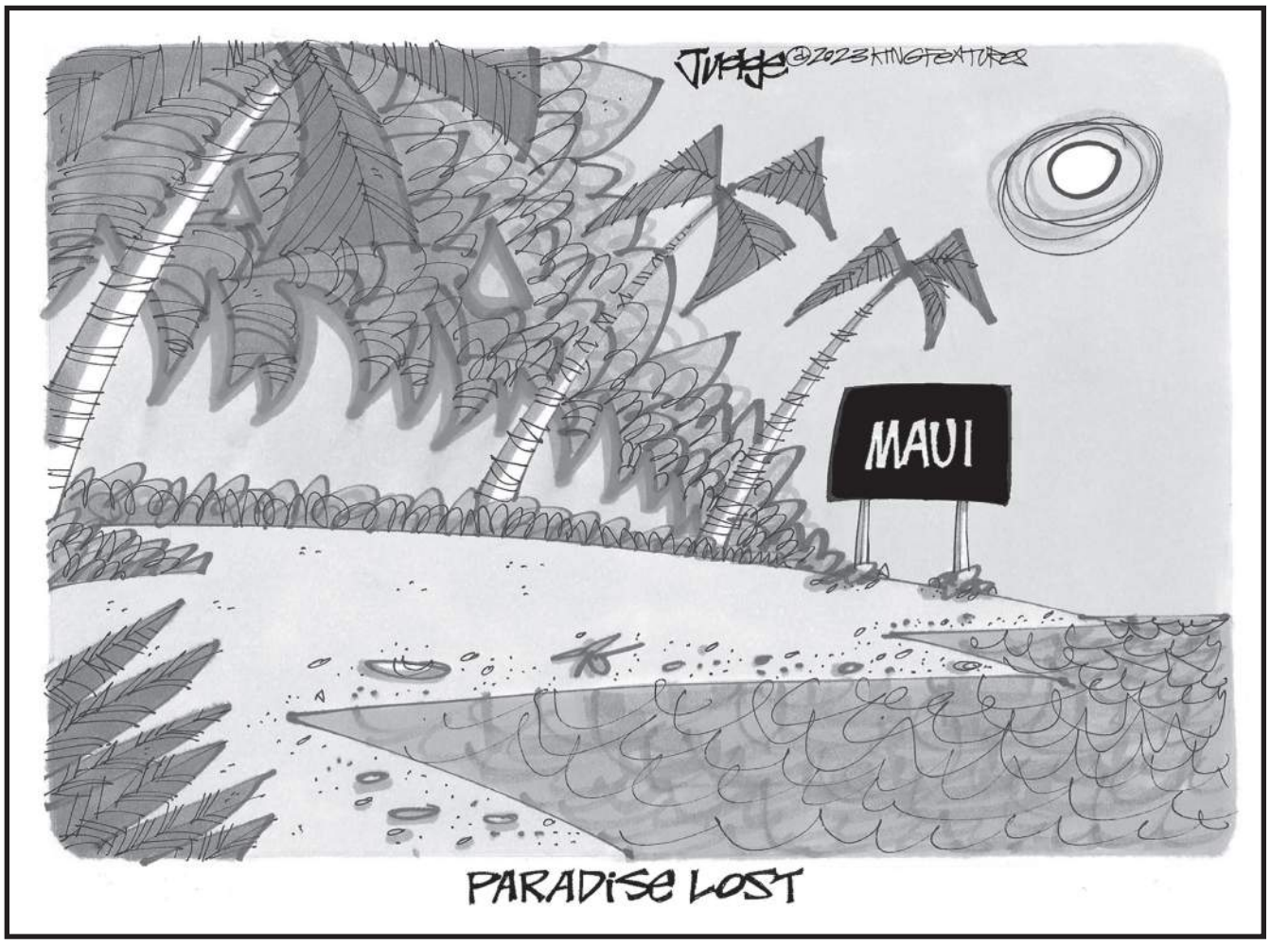


How pickleball taught me to stop saying sorry and learn to have fun

By KATE SPENCER
Los Angeles Times

Kate Spencer is a co-host of the podcast Forever35 *and an author, most recently, of* In a New York Minute.

"Find some calm, Kate," my pickleball coach, Roland, cajoled me from across the court a few months ago. He thwacked another neon-green ball in my direction. "Do less."

"But I am not a calm person!" I shouted back, a complete understatement. I am a tightly wound, neurodivergent, people-pleasing extrovert who lives in fear of making mistakes. I'm stressed about work, my kids, family, finances—and sending packages back to Old Navy before the return window closes. I do not enjoy being bad at something, especially not in front of other people. But that morning I tried to focus on hitting the ball softly, with mixed results.

I came to pickleball the same way most other middle-aged people do: through buzz. My retired, 71-year-old dad is an avid player who won't shut up about it, and I was swayed by the gushing headlines. What I did not expect were the ways pickleball would change my thinking about fitness, movement and my mental health.

For many of us, these things are intrinsically connected. I've done my fair share of digging into our cultural obsession with thinness, fitness and food, and their lifelong impact on how I think about my body and my self-worth.

While I've let go of much of that baggage, certain habits linger. Take, for example, my dutiful tracking of exercise on my smartwatch and phone. Obsessing over my step count and logging every bit of exercise is as much of a daily ritual as walks with my dogs (which I'm tracking, of course).

The first time I forgot to wear my Apple Watch to a pickleball lesson, I panicked. "If a workout happens but isn't tracked" suddenly became my own personal "If a tree falls in the woods and no one is there to hear it." During class I fidgeted with my paddle, riddled with angst over my naked wrist. What was the value of playing pickleball for 90 minutes if the work wasn't registered in my fitness database? Did it count?

But halfway through that lesson, I began to realize that letting go of tracking the class was itself a form of finding some calm, of doing less. I had even more fun than normal, cracking jokes with Roland and gossiping with my teammates between dinks. The following week I wore my watch, but I didn't track the class, and I silenced notifications, just to see how it felt. The panic was still there, but I was also struck by how pleasant it was not to have my watch constantly vibrating, what a relief it was not to feel as if I had to constantly be checking my texts or emails on the court. I simply played, and it was pure joy.

At another lesson Roland made a declaration to our group. "There is no more saying 'sorry' in pickleball." Shockingly, I learned I am not the only person who dreads making mistakes around other people. So my friends and I practiced something new that day: screwing up on the court and living with it.

Because pickleball is most commonly a partnered sport, I struggled with being responsible for losing a point, or worse—a whole game. Resisting the urge to apologize, or to trash-talk myself every time I whiffed a serve, felt impossible. But I started muttering, "I'm not sorry," every time I made a mistake, until, miraculously, I sort of began to believe it.

Pickleball has not come easy to me. At times I am utterly terrible at it. But being a true beginner has given me a dedicated, unbridled focus. There can be no multitasking on the court. One time, we did an exercise that required us to look only at the ball as we tried to volley it across the net. The feeling reminded me of a focused meditation I did years ago, sitting on a cushion and watching a candle flame flicker.

During pickleball, my head clears and I am completely present. The fun transcends into something almost euphoric, reminiscent of moments from my childhood, racing down the street on bikes in the fading summer light.

This, I think, is the real reason so many of us are flocking to pickleball, the thing the raving headlines can't quite capture. There's fun to be had on the court, for sure, but also in the self-discovery. For me, it's a place where movement has become less about "the workout" and more about what's changing internally.

Over the last year, my serve has improved significantly, and I now know what a "third drop shot" is. I even nail it occasionally. But I've also become more present and confident throughout my daily life. The elation that comes with existing in the moment, without giving in to the urge to track it, now counts more than any calories or steps I could have logged. I've even, dare I say, found some calm. And I'm not at all sorry about it.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Decoding Mike Pence: The words he just can't say

By JOHN T. BENNETT
CQ-Roll Call

Editor-at-Large John T. Bennett, a former White House correspondent, writes a weekly column for Roll Call, parts of which often first appear in the subscription-based CQ Senate *newsletter.*

Mike Pence is not ruling out testifying against former President Donald Trump. But could the jury crack the code he uses when talking about his onetime boss?

Exactly how the former vice president really feels about Trump's past actions and his fitness to again be commander-in-chief requires a legal decoder ring and a political magnifying glass. Trouble is, neither accurately measures courage or fortitude.

Despite headlines declaring Pence as having broken with the thrice-indicted Trump, the former vice president still pulls punches and minces words when talking about the front-runner for the 2024 Republican presidential nomination.

Parsing Pence the candidate is a murky task, and one jurists in a coming federal criminal trial about Trump's actions after the 2020 election and before the Jan. 6 insurrection must undertake when considering Trump's guilt or innocence. Next year, voters will have to do the same—especially independent and some moderate Republicans in the six or eight swing states that will decide the 2024 presidential election.

Pence's most recent public comments about Trump's most recent federal indictment—in a Washington, D.C., district court with four charges stemming from his efforts to overturn the 2020 presidential election and role in the Jan. 6, 2021, Capitol riot—offer a prime example of his habit of rhetorically dancing and dodging about Trump.

"Former Vice President Pence is in the unenviable position of having pissed off everyone," GOP strategist Brian Seitchik said in a Wednesday email. "He's too complicit for Trump haters, he's a traitor to the MAGA crowd, and this playing of the middle does nothing other than dig his heels further into no man's land."

Pence has indeed grown more critical of the former president as the pages of federal and state indictments, and the charges included within them, have piled as high as boxes of classified military and intelligence papers in a Mar-a-Lago bathroom.

"Look, President Trump was wrong. He was wrong then. He's wrong now. I had no right to overturn the election. And, more and more, Americans are coming up to me every day and recognizing that," Pence told Major Garrett on "Face the Nation" on CBS on Aug. 6. "I'm running for president in part because, frankly, President Trump asked me to put him over the Constitution that day, but I chose the Constitution—and I always will."

Republican strategist Rick Tyler this week took umbrage with Pence's rationale. "If Pence really were 'too honest,' he would be doing everything in his power to keep Trump from securing the Republican nomination," Tyler wrote in a Tuesday email. "Running for the nomination himself doesn't count."

Pence recalled in the same CBS interview that after Election Day in November 2020, Trump began to hear from some advisers that the Office of the Vice President possessed the legal authority to send Electoral College votes back to the states. According to former White House officials' testimony before the House select committee that investigated the Jan. 6 riot and indictments of Trump since, Pence consistently rejected that flawed legal theory.

That Sunday, he again noticeably left out Trump's name when describing his own constitutional litmus test.

"At the end of the day, I know we did our duty. I know we kept our oath. But … I truly do believe that, you know, no one who ever puts himself over the Constitution should ever be president of the United States," Pence said. "I mean, our Constitution is more important than any one man and our country is more important than any one man's career."

That's a clear legal philosophy. But also classic Pence murkiness when it comes to the 45th president. Why? For the two words it left out: Donald Trump. (President Trump would also have sufficed.)

A true profile in courage, so very rare in today's political environment, would include saying the words.

One of Trump's former attorneys general whom he fired, William Barr, has mounted the gumption to say them. "I am concerned that in a second term, he will be off the hook," Barr told PBS NewsHour last week. "There'll be no way of controlling him."

One of Trump's onetime political advisers turned 2024 GOP primary foe, former New Jersey Gov. Chris Christie, has managed to find such fortitude. "If Donald Trump had a risk of breaking a fingernail, he's such a coward that he wouldn't go up to Capitol Hill [on Jan. 6, 2021]," he told CNN this week. "So he went back to the safety of the White House and sent those folks up there to do what they did, which was to create, many of them, violent conduct up on Capitol Hill to try to stop what was going on, in terms of confirming the election."

But time and again, Pence has opted to not say the words.

One might conclude a longtime House GOP leadership member and former vice president who is a strong institutionalist would feel a responsibility to say the words. But if Pence feels such a responsibility, he either is not willing to act on it or he simply does not truly believe Trump should be DQ'd by voters, if not jurors.

What other conclusion could one reach when also parsing his response when asked if he could ever again personally cast a vote for Trump to become president.

"Look, I don't think I'll have to," Pence replied before being pressed to answer.

"I'm running for president because I don't think anyone who ever puts himself over the Constitution should ever be president or should ever be president again," the former VP shot back.

Again, some combination of the magic words were not uttered: President. Donald. Trump.

There are other recent public comments from Pence about Trump's actions that give the oft-indicted former POTUS something of a pass. Like when Pence said during a campaign event last week that the real post-election problem was the "crackpot lawyers" Trump had surrounded himself with.

Pence deflecting blame from Trump seems like yet another attempt to curry favor with the MAGA base and does little to send a clear message to potential jurors and GOP primary voters that he worries about a second Trump term. After all, it was Trump who surrounded himself with those attorneys—then heeded their advice as other aides warned their proposals were illegal, according to a Justice Department indictment unsealed last week.

"The Constitution is, or certainly should be, more than a lip service document that is merely applied upon the ideological whim of where the wind appears to be blowing," national security attorney Mark Zaid said in an email this week. "It is refreshing in today's political world when a politician of any party gives the impression that principles still exist, but a la carte, sporadic application does not reflect the historic values of our democracy.

"While one can applaud former VP Pence's actions on January 6th, and his recent stance against Donald Trump, it is hard to discern whether those acts are to benefit the country or himself," he added. "The lines are incredibly blurred."

One can only wonder if Pence does worry about Trump back in the Oval Office. He still seems mostly concerned with winning his party's nomination and achieving what a senior aide told your correspondent early in the Trump term was Pence's lifelong professional goal: becoming president of the United States.

Only that he polls around 5% nationally, nearly 50 percentage points among GOP voters behind Trump, and has been called a "traitor" at his own campaign events.

If his true goal is blocking Trump, Pence will need to—finally—say the words.

PEPE BATBON KOANS

Ignominy: Impeachments and Indictments

(Aye. Aye. Aye and "Aye yi yi!" and "Aiya" in Chinese)

LITERARY NOOK

By JOEY CONNOLLY
Special to the Saipan Tribune

Joey aka Pepe Batbon Connolly is a retired educator who taught in the CNMI, NOLA, and LVNV. He is a sonnet practitioner who enjoys stargazing.

Two Ifs: Ignis Fatui and Impediment Findings

Horrors! My soul sick, my grief sings about Trump things
Lies of many colors from an orange haired boorish boar
Projecting his narcissistic animus on many hers and hims
Prison bound with a muddled moldy mind he wings it
Conspiratorial plots and pokes penned planned and rammed
Tirades tantrums and ferocious yet futile tantamount tales
All things contrary, false. Spare us! His lawyers waltz
All he's forgotten, never read, inevitable document dread
How low can he stoop? Self-absorbed a bigly nincompoop
He falters, falls, his trumpery mange in a doghouse strange

'If You Go After Me I'm Going After You'

His stinking sinking depravity pains like a toothache cavity
His lying teeth spouting root Canal pain both anal and Banal
He fears his own 'Last Hurrah.' Que sera sera. Tan Tantara!

New MAGA Bumper Stickers

(From a parallel universe, a silly and sick sonnet salute)

Make Authoritarianism Go Away—how about today
Missing Action GOP Awokeness—they meekly confess
Multiple Angers Generate Affect—truth is rejected
Move All Gays Away—thus negating most LGBTQ+
Make All GOP Awoke—no real clear term definition
Meet America's Greatest Anathema—high in the polls
May All Government Apoplexy—chaotic congress sexy
Middle-aged Adults Give A shirt—not their backs
Madness Advantageous Give All—ignorance reigns
Meet America's Grossest Anecdotist—tattle tales
Malignant Attitudes Grate Absolutely—begin benign
Mortified Adults Generally Aggrieved—not relieved
Misogynists Add Gains Again—women's rights dimmed
Miralago All Gold Antechambers—toilet chandeliers.

LETTER TO THE EDITOR

Interment of Chamorro ancestral remains

I would like to express my sincere appreciation to the Historic Preservation Office for following established governmental protocols involving the reinternment of ancestral remains. As many in the community may have heard, ancient Chamorro remains were uncovered at two FEMA New Home Construction sites. As the government holds strict procedures on the handling of these sacred treasures of the Northern Marianas, HPO has officially notified our office of the scheduled reinternment of the remains scheduled for this Friday, Aug. 18, in Chalan Lau Lau. The event begins with a funeral procession from the HPO Bunker at Airport Road at 8:30am promptly and is followed by the official ceremony.

As the resident executive of the CNMI Indigenous Affairs Office, it is an honor to extend our invitation to the CNMI public to join our esteemed public officials in showing our utmost respect by returning these ancestral remains to their rightful place of rest. Our office will be presenting an offering on behalf of the grateful Chamorro people of the CNMI. All are welcome to attend to offer their respects as our rich history as a people rests on us as only through practice and participation can our culture continue to perpetuate.

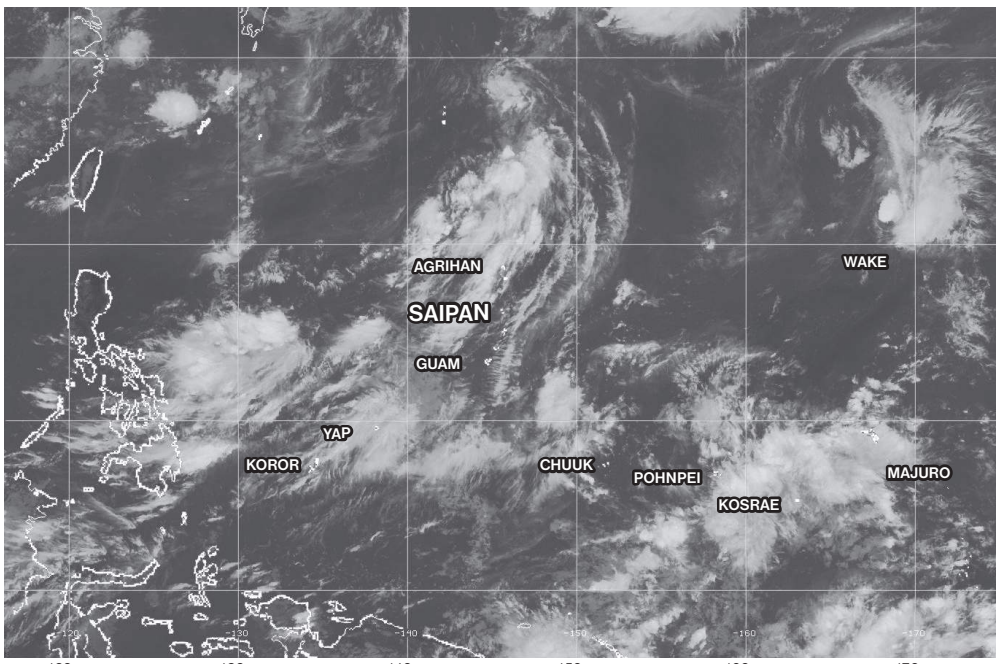
Ross S. Manglona
Resident executive
CNMI Indigenous Affairs Office

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	THURSDAY	FRIDAY	SATURDAY	MONDAY
Scattered showers and thunderstorms. Partly sunny	Partly sunny	Partly sunny	Partly sunny	A chance of showers. Partly sunny
86° 78°	86° 78°	86° 78°	85° 78°	85° 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 10:03 AM, TUESDAY, AUGUST 15, 2023

Western North Pacific between equator and 25N from 130E to 180.

Guam Doppler weather radar shows only isolated showers moving through the Marianas Waters this morning. The Ipan buoy reveals east swell of 2 to 3 feet. Computer wave model guidance estimates a west swell of 4 to 6 feet.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: https://www.weather.gov/gum/

MICRONESIA		▲ ▼ °F
Guam and Rota	Partly Cloudy	85° / 77°
Palau	Partly Cloudy	84° / 78°
Yap	Mostly Cloudy	85° / 79°
Chuuk	Thunderstorms	86° / 79°
Pohnpei	Thunderstorms	85° / 76°
Kosrae	Mostly Cloudy	86° / 76°
Majuro	Thunderstorms	86° / 80°

AROUND THE GLOBE		▲ ▼ °F
Auckland	Rain	57° / 50°
Beijing	Mostly Sunny	90° / 64°
Hong Kong	Thunderstorms	90° / 82°
Honolulu	Partly Cloudy	88° / 78°
London	Showers	66° / 63°
Los Angeles	Sunny	82° / 63°
Manila	Thunderstorms	88° / 79°
Melbourne	Partly Cloudy	63° / 54°
Miami	Partly Cloudy	87° / 81°
New York	Mostly Cloudy	81° / 70°
Osaka	Partly Cloudy	91° / 81°
Paris	Cloudy	79° / 63°
Busan	Sunny	88° / 77°
Rome	Sunny	90° / 66°
Salem	Sunny	94° / 72°
San Francisco	Sunny	69° / 56°
Seoul	Thunderstorms	84° / 70°
Tokyo	Mostly Sunny	95° / 81°
Washington, DC	Partly Cloudy	88° / 74°

DAY	SUNRISE	SUNSET
Today	6:02 AM	6:40 PM
Thursday	6:02 AM	6:39 PM
Friday	6:02 AM	6:39 PM
Saturday	6:02 AM	6:38 PM
Sunday	6:03 AM	6:37 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	5:39 AM	6:46 PM	-
Thursday	6:29 AM	7:22 PM	-
Friday	7:16 AM	7:57 PM	-
Saturday	8:02 AM	8:30 PM	-
Sunday	8:48 AM	9:03 PM	-

TIDES: SAIPAN HARBOR TODAY		FEET
1:57 AM	Low Tide	1.26
6:47 AM	High Tide	1.89
2:05 PM	Low Tide	0.04
8:57 PM	High Tide	1.87

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FLIGHT SCHEDULE AS OF AUGUST 1, 2023

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:30AM	Daily
UA156	7:10PM	7:55PM	1, 4

SAIPAN- NARITA (NRT)

UA824	7:25AM	9:55AM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	5:55AM	7:55AM	1, 3, 4, 5, 7
PR 111	6:55AM	8:55AM	2, 6
UA193	6:55PM	10:55PM	2, 5 via Palau
UA183	7:15PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

OZ626/703	4:20AM	10:35PM	Daily
7C3403/2305	4:45AM	10:20PM	Daily
UA117/183	9:50AM	9:10PM	Daily via Guam
UA117/193	9:50AM	10:55PM	2, 5 via Guam, Palau

SAIPAN-INCHEON (ICN)

TW308	3:15AM	7:00AM	Daily
OZ626	4:20AM	7:55AM	Daily
7C3403	4:45AM	8:35AM	Daily
TW9308	4:55AM	8:45AM	1, 5
7C3405	4:10PM	7:45PM	Daily

SAIPAN-BUSAN (PUS)

7C3451	3:20AM	6:30AM	1, 4, 5, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:50AM	Daily
UA112	5:15PM	6:05PM	1, 4

NARITA (NRT)-SAIPAN

UA825	9:25PM	1:50AM+1	2, 4, 7

MANILA (MNL)-GUAM

UA184	10:25PM	4:25AM+1	1, 3, 4, 6, 7
UA192	10:25PM	6:10AM+1	2, 5 via Palau
PR110	10:30PM	4:25AM+1	2, 3, 5, 6, 7
PR110	11:30PM	5:25AM+1	1, 5
UA184	11:50PM	5:50AM+1	2, 5

MANILA (MNL)-SAIPAN

OZ702/625	12:05PM	2:55AM+1	Daily
UA184/174	10:25PM	8:50AM+1	1, 3, 4, 6,7 via Guam
UA192/174	10:25PM	8:50AM+1	2, 5 via Palau, Guam
7C2306/3406	11:10PM	3:10PM+1	Daily
UA184/174	11:50PM	8:50AM+1	2, 5 via Guam

INCHEON (ICN)-SAIPAN

7C3406	9:30AM	3:10PM	Daily
TW307	8:30PM	2:15AM+1	Daily
OZ625	9:25PM	2:55AM+1	Daily
TW9307	10:00PM	3:45AM+1	4, 7
7C3404	10:10PM	3:40AM+1	Daily

BUSAN (PUS)-SAIPAN

7C3452	9:35PM	2:20AM+1	3, 4, 6, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/Sat/Sun
1303	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3101	9:30	10:00	Daily
3102	13:00	13:30	Tues/Thurs/Sat/Sun
3102	14:00	14:30	Mon/Wed/Fri
3103	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
4301	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily

WELCOME BACK TO SCHOOL

A SAIPAN TRIBUNE SPECIAL ADVERTISING SUPPLEMENT

It takes a village to ensure safety in CNMI schools

By TERI M. FLORES
Correspondent

In the U.S. educational system, school safety ranks as the second major issue affecting education, just behind the need for more funding for schools. In light of recent mass shootings in U.S. campuses that has caused the unnecessary loss of lives, schools nationwide have doubled up their efforts to maintain a learning environment safe from violence, bullying and harassment, and the influence of substance use. The CNMI's public schools are no different.

While educating students is their key mission, the safety of everyone on campus—be they student, teacher, or staff, is a priority, said Marianas High School principal Jonathan Aguon. He said educating faculty and students on readiness and disaster preparedness help promote safety and security on campus.

"Schools take safety seriously. Every school has procedures in place so that our campuses are safe and secure environments for learning. PSS invests in training and professional development for staff to handle emergency situations and work closely with partner agencies to maintain safe campuses," Aguon said.

At Dr. Rita H. Inos Junior/Senior High School on Rota, principal Annette Calvo said the CNMI Public School System has a team that continually provides professional development to its faculty and staff on school safety.

"The Non-Violent Crisis Intervention Team annually conducts a training and certification renewal for PSS school level personnel. There is one of this team at each public school in the CNMI," said Calvo.

In addition, every public school has a School Emergency Response Team composed of school staff and faculty members who assist the principal in planning and responding to any school emergency, said Tinian Junior/Senior High School principal Lizabeth Perzinski.

MHS' Aguon said that constantly practicing, evaluating, and updating safety protocols help ensure that all systems are always effective and that everyone on campus is prepared to respond to any threat or danger.

In situations where there may be a threat or breach of safety in campus, Da'ok Academy principal Christine Tudela said they are required to immediately report the incident to proper authorities or agencies for prompt recording and risk assessment while ensuring the safety of everyone in school.

"When you see something, report it to the proper authorities immediately. Time is vital when reporting and follow-ups to specific supports are continuous throughout the review or until the risk assessments is complete," said Tudela.

To augment the regular safety training, Aguon said CNMI schools also have established policies that address other threats such as substance abuse and physical bullying and cyberbullying and other forms of harmful behavior. Da'ok's Tudela also reminds the community that safety procedures are a part of every school's policies and may be found in school handbooks for everyone's review and understanding.

With all these safety protocols and procedures in place, Hofschneider is confident that local schools will be able to respond and act accordingly in cases where there is a threat to life or property on campus.

According to Calvo, one safety threat in our schools today is vaping. "Students at a young age are starting to pick up the habit of vaping. This is a health risk for our school children, and we must assist one another in educating our children to live a healthy lifestyle [that is] free from drugs and alcohol," said the Rota principal.

To combat threats, whether they be those that are physical in nature or those that present risks to one's health, CNMI school officials all agree that safety in schools and, most especially, the well-being of students is a responsibility shared among parents, the school and the community.

"We encourage parents and the community to work with us to maintain a safe environment for our students. In addition to our efforts within the school, it is equally important for families to have open and honest conversations to help guide the youth of the CNMI away from risky behaviors and toward positive choices. Whether it is monitoring their social media accounts, following curfew, or simply asking how their day was, every effort counts," said Aguon

Kagman High School principal Benjamin Jones Jr. offers the following recommendations that students and parents can follow to contribute to a safe school environment.

FOR STUDENTS:

1. Stay informed. Pay attention to safety protocols, emergency procedures, and school rules. Know your school's emergency evacuation routes and assembly points.

2. Report suspicious activity. If you see something unusual or concerning, report it to a teacher, counselor, or school authority. Your vigilance can help prevent potential incidents.

3. Be respectful. Treat your peers, teachers, and staff with respect and kindness. Bullying, harassment, or disruptive behavior can create an unsafe environment.

4. Digital responsibility. Practice responsible online behavior and avoid cyberbullying. Think before sharing personal information and be cautious about whom you interact with online.

5. Follow rules. Obey school rules and policies, including those related to attendance, dress code, and behavior. Respecting these

See SCHOOLS on Page 11

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SCHOOLS

From page 10

rules contributes to a more orderly environment.

6. Emergency preparedness. Familiarize yourself with fire drills, lockdown procedures, and other emergency protocols. Take drills seriously and follow instructions promptly.

7. Safe transportation. If you commute to school, use designated crosswalks and follow traffic rules. Use helmets and seatbelts when riding bikes or in vehicles.

8. Lock up valuables. Keep your personal belongings secure in lockers or designated areas. Don't leave valuable items unattended.

9. Mental health awareness. Reach out for help if you're struggling emotionally. Talk to a counselor, teacher, or trusted adult if you're feeling overwhelmed or stressed.

10. Inclusivity. Foster a culture of inclusivity and respect for diversity. Make an effort to include everyone and stand up against discrimination or exclusion.

FOR PARENTS:

1. Communication. Maintain open communication with your child about their school experiences. Encourage them to talk about their day and any concerns they may have.

2. Get to know the school faculty and staff which are your child's teachers, administrators, and other school staff. Building relationships can facilitate effective communication.

3. Participate. Attend parent-teacher conferences, school meetings, and events. Engaging with the school community shows your commitment to your child's education and safety.

4. Emergency contact information. Ensure the school has accurate and up-to-date emergency contact information for your child. This information is crucial in case of emergencies.

5. Support your child's mental health. Be attentive to your child's emotional well-being. If you notice any signs of stress, anxiety, or depression, seek appropriate support or counseling.

6. Safe transportation. If your child commutes to school, ensure they use safe transportation methods. Teach them about pedestrian safety and proper use of bikes or public transportation.

7. Online guidance. Educate your child about responsible internet and social media use. Teach them about the potential risks of sharing personal information online.

8. Promote kindness. Teach your child the importance of treating others with kindness and respect. Encourage them to be inclusive and empathetic toward their peers.

9. Supervision. Be aware of your child's after-school activities and whereabouts. Provide appropriate supervision based on their age and maturity.

10. Emergency plans: Familiarize yourself with the school's emergency plans and procedures. Discuss these plans with your child so they know what to do in different situations.

Saipan Southern High School principal Vince Dela Cruz said a safe campus environment also involves ensuring the physical wellness of faculty and students. He said that observing the basic rules of hygiene and safety contributes to cleanliness and safety for everyone in school.

Use the proper clothes and footwear for school. No heels or stilettos.

Always carry a hand sanitizer and keep belongings to oneself.

Students are urged to come to school early so they don't feel rushed to get to their classrooms or to any part of the campus. Having enough time to move around campus prevents slips, trips and falls, which are the leading cause of injury in the workplace and in campus.

Observe common road courtesies, particularly near and within the school. Most importantly, be aware of bus routes in campus to help keep the roads in schools safe.

Parents are advised to pick up their children on time.

"Remember, promoting school safety requires a collective effort. By following these recommendations, students and parents can contribute to creating a secure and conducive learning environment for everyone," said Jones.

Balancing academics and extracurricular activities

By TERI M. FLORES
CORRESPONDENT

When my children were still of school age, I belonged to a group of parents who spent a sizeable amount of time driving from one place to another to drop off two kids to two separate locations for their after-school activities. I almost forced the two kids to take the same activities to ease my frustrations as the designated driver of the family. To my surprise and relief, the day came when both just ended up liking the same after-school interest. In the end, I was thankful I did not carry out my plan of insisting my way for the sake of my own convenience because both ended up having successful military careers influenced by their involvement in the Junior Reserve Officers Training Corps program.

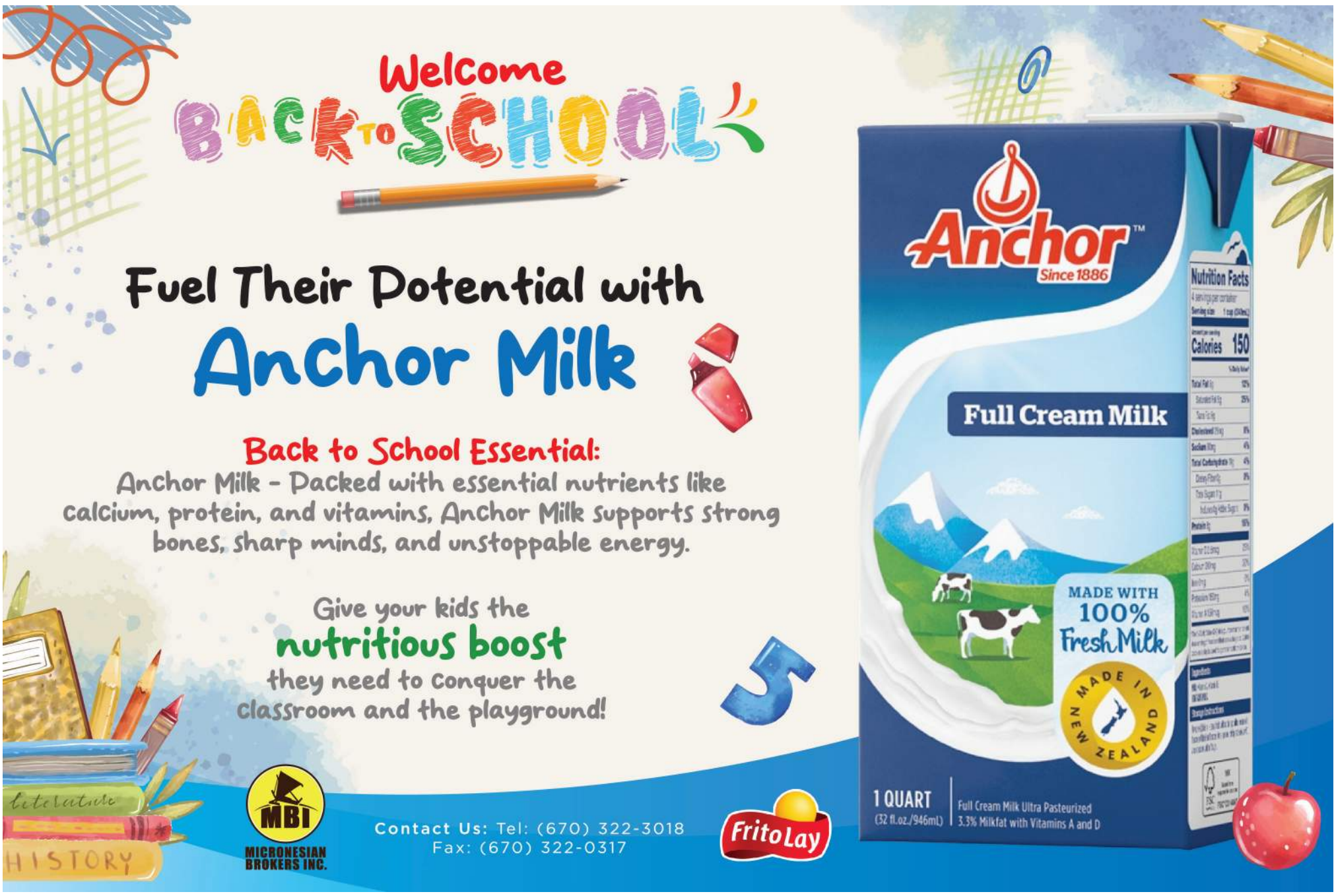
Experts in education and early childhood development both attest to the positive benefits extracurriculars have on a child's overall well-being. Students develop a few important life skills that can help them excel in both academic and real-life situations. One of the most important traits that students who participate in extracurricular activities develop is a sense of responsibility and time management skills that are essential to academic success. Students also develop a strong self-esteem, which comes in handy when making real-life decisions. Students who are allowed to explore their passions and interests end up becoming well-rounded individuals who have empathy and the ability to communicate effectively—skills necessary when they join the workforce.

> "Core classes give students the skills needed for general success, but extracurricular activities allow them time to explore their passions and develop specialized skills that will enable them to succeed in their future careers and postsecondary studies."

Dr. Ronald E. Snyder, headmaster of Saipan International School, emphasizes the need for children to engage in activities outside of the classroom. "Core classes give students the skills needed for general success, but extracurricular activities allow them time to explore their passions and develop specialized skills that will enable them to succeed in their future careers and postsecondary studies."

Snyder said that SIS students have that chance to explore their interests—be it in the arts, sciences,

See BALANCING on Page 13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BALANCING

From page 12

the humanities, or sports. "From film editing to sports to extra languages, to scuba diving, to drama, speech and math competitions and many more, we give students the chance to find out what motivates them intrinsically."

In the CNMI, each public and private school has its own set of extracurricular activities. Some are sports related, some are based on completive activities like model United Nations, speech and debate, or math leagues, while others have no competitive elements at all.

SIS in particular offers 15 Advanced Placement courses that students can choose for their extracurricular activity, Snyder said. This selection is more than any other school in the CNMI offers. "We are highly academic, but our students are very involved in extracurricular activities. It is a part of our identity and we believe it helps students reach their academic goals instead of hindering them," said Snyder.

To find out which extracurricular activity would suit a student's needs, Snyder recommends that students reach out to their school's counselor and/or administration to find out the opportunities available to them.

Aside from opportunities on campus, Snyder said community clubs such as the local theaters and dance groups and local sports federations also offer students extracurriculars that they may want to participate in.

Students may choose to engage in as much as eight to 10 extracurricular activities in a year. This may sound impossible, but because there are activities such as sports that may be seasonal or spread throughout the year, it is possible for a student to be involved in many activities. In the end, however, it is the quality over quantity that is still the best option to consider.

When choosing an extracurricular activity, Snyder encourages SIS students to explore their interests. "We want students to reach past their comfort zone and try new things, meet new people and become more rounded students," he said.

In addition, Snyder reminds students to find activities that would challenge their skills as individuals. "Choose something that looks cool, even if it looks difficult. You might love it but even if you hate it, you will have taken a step toward developing yourself for the future you. It is just more important to find out what you don't like than it is to find out what you love," he said.

Preparing for extracurricular activities really depends on the student and the activity they want to pursue. "For some, this may mean new physical skills. For others it may mean developing an on-stage presence," Snyder said. "With so many options to choose from, preparing oneself for these activities hinges on one's personal preferences and needs."

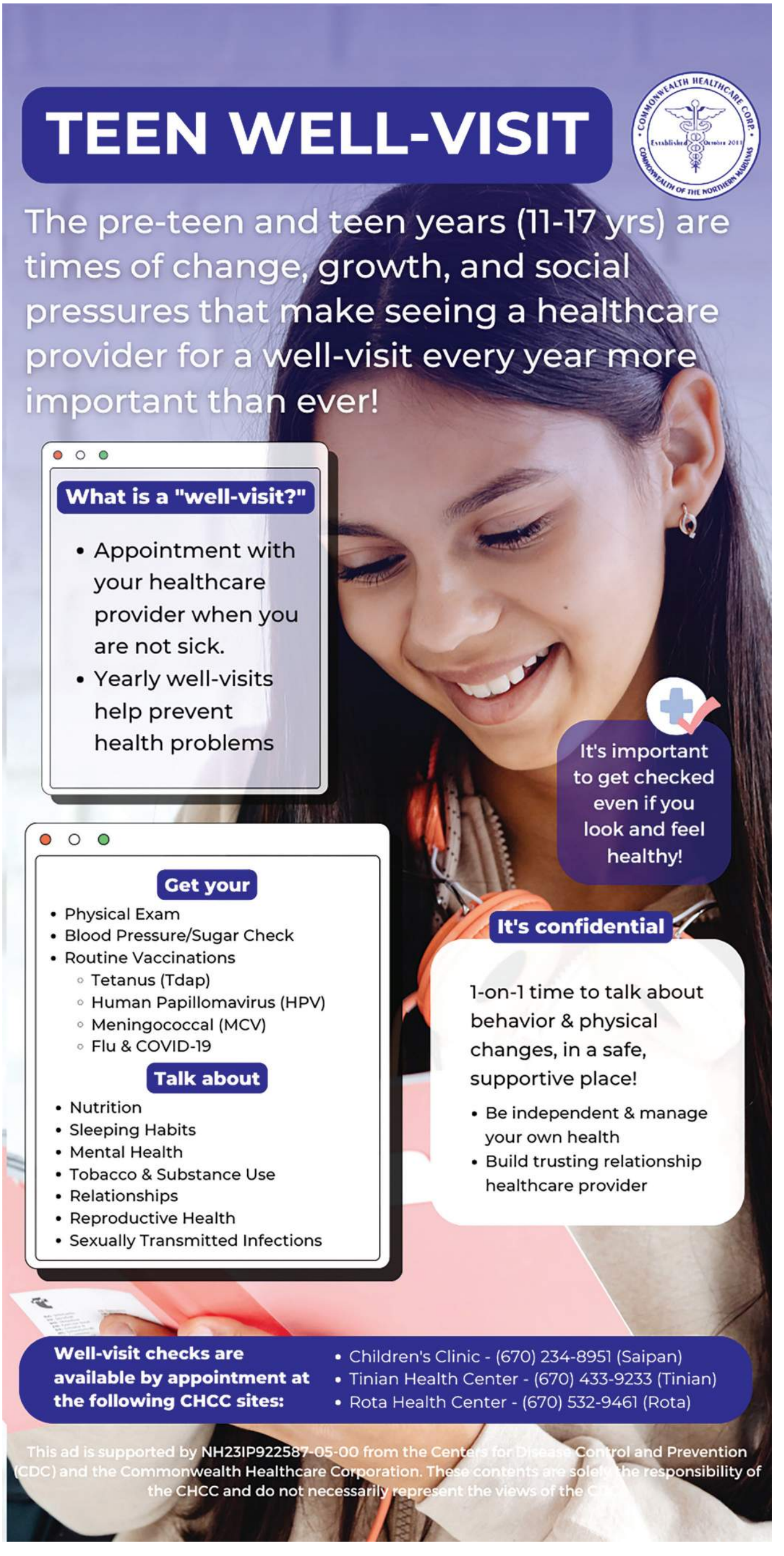
Balancing one's academic and extracurricular activities are equally important if one is to maintain a good academic standing while still enjoying activities that stimulate artistry and creativity. Mental health specialists also say it's important for parents to help their children achieve school-life balance. Kids who are so busy outside of school that they lack free time for play or rest can lead to both parents and kids feeling stressed, anxious, and depressed. Parents are also advised to pay particular attention to their own tolerance, capability and energy, to help effectively maintain the activities of a busy student.

Among the tips mental health professionals recommend for maintaining balance is to practice moderation and to be mindful of one's strengths and capabilities. This applies to both parents and students.

Managing academic and extracurriculars is highly personal. "For some people, the academic load does not leave a lot of extra time but usually, everyone has some time they can dedicate to expanding themselves," said Snyder.

For those who are still considering if they will add extracurriculars to their activities this school year, Snyder has this advice: "Go for it! Try something new, develop yourself further within an activity you love. But don't get stuck in a rut. The opportunities during your school years are incredible so you shouldn't waste them."

And for those who are already enjoying their extracurricular activities, Snyder recommends that they explore more. "Go further! If you enjoyed your open water scuba class, take the advanced course and extend to rescue diver and beyond. If you love soccer, try a crossover sport like cross country. If you love speech, try acting. If you are good at math league, throw your hat into the STEM Fair. But whatever you do, don't stop!"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• Sleeping Habits
• Mental Health
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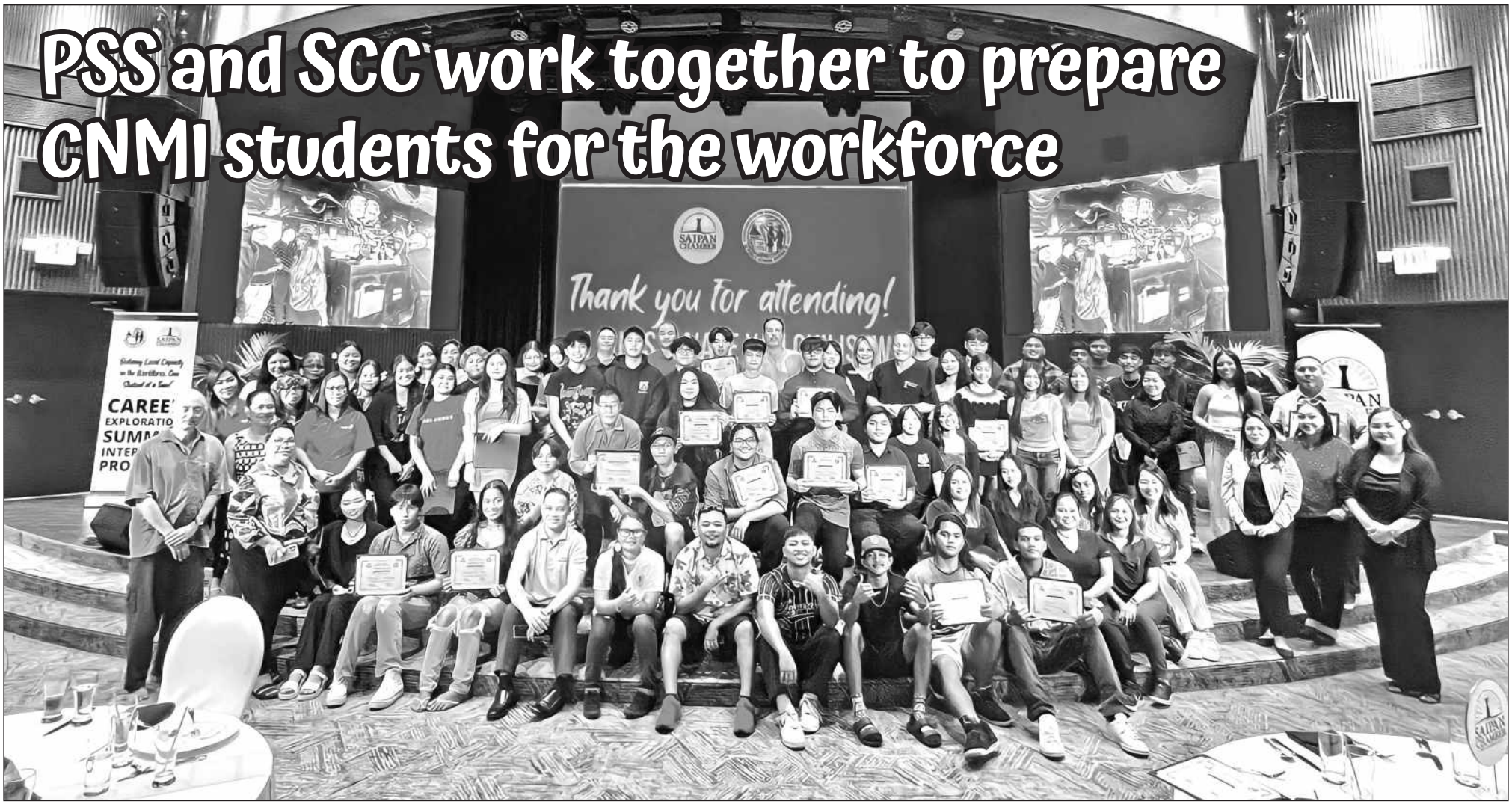
PSS and SCC work together to prepare CNMI students for the workforce



SAIPAN CHAMBER OF COMMERCE

Participating students, employers, Public School System officials, and Saipan Chamber of Commerce officials pose for a group photo after an appreciation luncheon to cap the success of the 2023 Career Exploration Internship Program.

By TERI M. FLORES
Correspondent

Building a strong and reliable workforce that meets the demands of a growing economy has long been an aspiration for the CNMI. With the need to develop a labor pool that feature talent from the island community itself, the Saipan Chamber of Commerce and the Public School System have partnered together and came up with the "2023 Career Exploration Internship Program."

This seventwo-week program, held from June 21 to Aug. 4, provided select students from several public and private high schools the opportunity to develop skills and to get first-hand knowledge and experience of being a member of the working team of a local business.

SCC executive director Kim Camacho said the ultimate goal of this partnership between the local business and education sectors is to provide students with essential skills and industry exposure, which are the key elements in ensuring the growth and development of the local workforce.

In previous years, the SCC sponsored a one-day program called "Career Exploration Day" where students got to spend eight hours at an establishment to learn the ropes of a workforce environment, but Camacho thought this was more of a "job shadowing"' experience for the students. "I wanted to take it to the next level and provide the hands-on training on a longer term for the students," she said.

With that in mind, Camacho approached Dr. Jessica Taylor, PSS Career and Technical Education director, who provided the program guidelines and materials.

CONTRIBUTED PHOTO

Hands-on experience is what these interns gained as part of the 2023 Career Exploration Internship Program of the Saipan Chamber of Commerce and the CNMI Public School System.

CONTRIBUTED PHOTO

Interns from the islands' junior and senior high schools who participated in the 2023 Career Exploration Internship Program of the Saipan Chamber of Commerce and the CNMI Public School System pose for a souvenir photo with their respective mentors representing some island business who took part in the internship program.

Through Taylor's initiative, the program flourished with the help of funding from PSS.

In order to participate in the program, interns were first asked to complete an application form that contains basic information and career interests. Camacho, as program administrator and with assistance from SCC members, began the task of placing the interns with specific businesses that catered to the interns' skills and career interests. Only those who completed the application form in its entirety were placed. "Initially, we had a total of 63 applicants who were between the ages of 16 to 18 from local high schools—Kagman High School, Marianas High School, Saipan Southern High School, and Mount Carmel School on Saipan. Students from Tinian Junior Senior High School and Rota High School also participated," Camacho said.

Taylor agrees with the approach the Chamber has taken in the process of helping place students with potential employers to help beef up the local workforce. "We hope to build local capacity and support the workforce buildup in the CNMI by exposing our students to the various job opportunities available to them within our own community. Moreover, exposing our businesses to the talented pool of students who are very capable of filling entry-level high-demand positions is critical to our partnership with the Chamber and the business community," said Taylor.

Eleven local business representing several local industries opened their doors to the interns. These include AP Group, LLC, Bank of Saipan, Coca-Cola Beverage Co., Transpacific International Inc., Commonwealth Healthcare Corp., Marpac Saipan, Paradise Dental Spa, PHI Pharmacy, Plumeria Steak House, Saipan Chamber of Commerce, Triple J Enterprises, Inc., and Pacifica Insurance.

The Chamber later hosted an appreciation luncheon to show their appreciation to their industry partners and to cap the success of the internship program. During this event, Camacho shared that, while the participating businesses were sad to see the program end, they also only had positive feedback, not just about the students but also their experience as mentors to these potential employees. "Our industry partners are so delighted to be a part of these students and their journey."

Camacho singles out the experience of Plumeria Steak House, which was presented a pin of honor by military personnel from the Innovation Readiness Training for their dedication to supporting local youth and their career development.

With these positive feedback in hand, the Chamber is currently working with Taylor on possible ways to offer the program throughout the school year. However, should there be setbacks, Camacho said the Chamber is committed to offer the program again in the summer of 2024.

On the part of PSS, Taylor said part of the department's priority is to close the gap that exists between students who graduate with entry level certifications and/or credentials into actual positions in local businesses.

"We want to shift the paradigm and encourage our students to stay on island to continue their education and gain employment for a couple of years at least before venturing elsewhere," she said. "Today, the CNMI has the capacity and resources to educate and train our students to gain their degrees and employment as well."

While the program has been touted as a success, there was one challenge that tested the mettle of both

See PSS on Page 16

CNMI PUBLIC SCHOOL SYSTEM

SY 2023-2024 BREAKFAST & LUNCH

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Assorted Cereal Fruit	Ham & Cheese Roll Fruit/Fruit Smoothie	Pan de Sal w/ Egg & Cheese Fruit/Fruit Smoothie	Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie	French Toast w/ Syrup Sausage Fruit
LUNCH	Grilled Ham Steak Steamed Brown Rice Sweet Potato Fries Texas BBQ Beans Fruit	Chicken Burger Potato Wedges Broccoli Fruit	Beef Steak w/ Green Peas & Onions Red Rice Local Vegetables Broccoli Fruit	Pepperoni Pizza Vegetable Sticks & Dip Fruit	BBQ Chicken Red Rice Corn and Potato Salad Flavored Milk Fruit
2ND CHOICE (secondary schools)	Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit	Subway Sandwich with Honey Onion Dressing on WGR Bun Vegetable Sticks & Dip Fruit	Taco Salad Bar WGR Tortilla/Tortilla Chips Fruit	Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit	Taco Salad Bar WGR Tortilla/Tortilla Chips Fruit

WEEK 2	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	Assorted Cereal Fruit	Ground Beef & Veggie Omelet Steamed Rice Fruit/Fruit Smoothie	Grilled Cheese Sandwich Fruit/Fruit Smoothie	Grilled Ham with Fried Rice Fruit/Fruit Smoothie	Pancakes w/ Syrup Bacon Fruit
LUNCH	Oven Fried Chicken Red Rice Corn Sauteed Spinach Fruit	Marianas BBQ Cheeseburger Sandwich Sides Sweet Potato Fries Fruit	Beef Bulgogi w/ Bell Peppers, Bean Sprouts & Onion Steamed Rice Carrots Fruit	Spaghetti Bolognese WGR Roll Garlic Spinach 3 Bean Salad Fruit	Breaded Fish w/ Sauce Red Rice Potato Wedges Local Vegetables Fruit Flavored Milk
2ND CHOICE (secondary schools)	Vegilicious Salad Salad Bar / Packed Salad WGR Penne Pasta Fruit	Fire Alarm Pizza Vegetable Sticks & Dip Fruit	Vegilicious Salad Bar WGR Penne Pasta Fruit	Banh Mi Vegetable Sticks and Dip Japanese Salad Fruit	Vegilicious Salad Bar WGR Penne Pasta Fruit

WEEK 3	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
BREAKFAST	Assorted Cereal Fruit	Fried Rice w/ Chicken Nuggets Fruit/Fruit Smoothie	Mac & Cheese Fruit/Fruit Smoothie	Sausage Patty w/ Garlic Rice Fruit/Fruit Smoothie	French Toast w/ Syrup Sausage Fruit
LUNCH	Kung Pao Chicken w/ Bell Peppers Steamed Rice Sesame Broccoli Fruit	Turkey & Gravy WGR Roll Mashed Potato Steamed Carrots Fruit	Beef & Broccoli Steamed Rice Mixed Vegetables Fruit	Chicken Kelaguen Titiyas Vegetable Sticks & Dip 3 Bean Salad Fruit	Chicken Alfredo w/ Spinach Garden Salad Local Vegetables Fruit Flavored Milk
2ND CHOICE (secondary schools)	Taco Salad Salad Bar/Packed Salad WGR Tortilla/Tortilla Chips Fruit	Thai Beef Noodle Bowl Bell Peppers & Carrots Mixed Vegetables Fruit	Taco Salad Bar WGR Tortilla/Tortilla Chips Fruit	Cheese Pizza Vegetable Sticks & Dip 3 Bean Salad Fruit	Taco Salad Bar WGR Tortilla/Tortilla Chips Fruit

WEEK 4	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
BREAKFAST	Assorted Cereal Fruit	Fried Rice w/ Portuguese Sausage Fruit/Fruit Smoothie	Breakfast Burrito Fruit/Fruit Smoothie	Sausage & Egg Scramble Steamed Rice Fruit/Fruit Smoothie	Pancakes w/ Syrup Bacon Fruit
LUNCH	Chicken Curry w/ Carrots & Potatoes Broccoli Steamed Rice Fruit	Cheeseburger Sandwich Sides Sweet Potato Fries Fruit	Breaded Chicken w/ Gravy Mashed Potato 3 Bean Salad WRG Roll Fruit	Beef Lasagna Garlic Cauliflower & Broccoli Corn Fruit	Chicken Adobo Steamed Rice Lemon Garlic Kangkung Local Vegetables Fruit Flavored Milk
2ND CHOICE (secondary schools)	Vegilicious Salad Salad Bar / Packed Salad WGR Penne Pasta Fruit	Tofu Lo Mein Chinese Cabbage Carrots Fruit	Vegilicious Salad Bar WGR Penne Pasta Fruit	Tuna Salad Sandwich on WGR Buns Sandwich Sides Japanese Salad Fruit	Vegilicious Salad Bar WGR Penne Pasta Fruit

Antonio L. Borja
18th CNMI State Board of Education
Chairperson

May 18, 2023
Approved Date

Alfred B. Ada, Ed.D
CNMI Public School System
Commissioner of Education

CNMI Public School System K-12 SCHOOL YEAR CALENDAR 2023-2024

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

15 190-Day Staff Report to Work
15-21 School-Level PD (No school for students)
22 First Day of Instruction

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

4 Labor Day (Holiday)
5 State-Level PD (No school for students)

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

9 Commonwealth Cultural Day (CNMI Holiday)
16 Intersession Day
30 Second Quarter Begins

NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

3 Citizenship Day (Holiday) - to be observed on the 3rd
10 Veterans Day (Holiday) - to be observed on the 10th
21 Education Day (35 Years) for Staff/Asynchronous for Students
23 Thanksgiving Day (Holiday)
22 & 24 Student-Teacher Break

DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

8 Constitution Day (Holiday)
25 Christmas Day (Holiday)
26-29 Student-Teacher Break

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1 New Year's Day (Holiday)
2 Student-Teacher Break
15 Martin Luther King Jr. Day (Holiday)
19 Third Quarter Begins

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

12 Intersession Day
19 Presidents' Day (Holiday)

MARCH

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

25 Covenant Day (Holiday)
26-28 Student-Teacher Break
29 Good Friday (CNMI Observed Holiday)

APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

1 Student-Teacher Break
2 State-Level PD (No school for students)
4 Fourth Quarter Begins
29 Intersession Day

MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

27 Memorial Day (Holiday)

JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

7 Last Day of Instruction (School Day)
10-12 School-Level PD (No school for students)
19 Juneteenth (Holiday)
24 First Day of Summer School

JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

4 Liberation Day (Holiday)
26 Last Day of Summer School

Legend

- State & School-Level PD for staff/No school for students
- CNMI and Federal Holidays
- Quarter Benchmarks/First & Last Day of SY 23-24
- Student and Teacher Breaks
- Education Day
- Summer School
- Intersession Day (Day Off for the School District)

180 School Days

Mondays are designated half-day schedules for students and in-service professional development for staff.

1st Quarter	45 Days
2nd Quarter	45 Days
3rd Quarter	45 Days
4th Quarter	45 Days
Summer School	5 Weeks

2024 High School Graduation Dates

May 28	Tinian High School	4:00 PM
May 29	Marianas High School	4:00 PM
May 30	Kagman High School	4:00 PM
May 31	Da'Ok Academy	4:00 PM
June 3	Saipan Southern High School	4:00 PM
June 5	Dr. Rita Hocog Inos High School	4:00 PM

2024 Middle & Jr. High School Promotion Dates

May 28	Tinian Junior High School	9:00 AM
May 29	Francisco Mendiola Sablan Middle School	9:00 AM
May 30	Chacha Oceanview Middle School	9:00 AM
May 31	Dandan Middle School	9:00 AM
June 3	Admiral Herbert G. Hopwood Middle School	9:00 AM
June 4	Tanapag Middle School	9:00 AM
June 5	Dr. Rita Hocog Inos Junior High School	9:00 AM

Antonio L. Borja
Chairperson, 18th CNMI State Board of Education

March 23, 2023
Approval Date

Alfred B. Ada, Ed.D
Commissioner of Education

STUDENTS FIRST

SY 2023-2024 School Zone List Revised 6/27/23

Garapan Elementary
- China Town
- Garapan Beach Rd. (Marianas Eye Institute to American Memorial Park)
- Gualo Rai (Left side only from traffic light)
- Navy Hill
- Puerto Rico (Baranka Lane)

Gregorio T Camacho Elementary
- Capitol Hill (Northwest of Egigi Dr.)
- Sadog Tasi
- As Mahetog
- Tanapag
- San Roque
- Achugao
- As Matuis

Kagman Elementary
- Papago (North of Botanical Garden)
- Kagman
- As Teo
- Capitol Hill (Northeast of Egigi Dr.)

Koblerville Elementary
- Afetnas
- As Gonno
- Koblerville
- Obyan (Kapileo Residence to Ladder Beach)
- San Antonio
- South Guili St. & Alu Dr.

Oleai Elementary
- Chalan Kiya
- Chalan Laulau
- Falughulo
- As Terlaje (West of NMC Traffic Light to Chalan Kiya)
- Beach Rd (Gold Beach Hotel South)
- Gualo Rai (US District Court South to Oleai)
- San Jose
- Susupe (North of Sarawi Blvd.)

San Vicente Elementary
- Airport Road (As Lito Dr. to SVES)
- As Lito (Tun Joaquin Doi to Shell Dandan Gas Station)
- Dandan
- JOETEN Dandan
- Fina Sisu
- Kannat Tabla
- Obyan Rd. (North of Kapileo Residence)
- Papago (South of Botanical Gardens)
- San Vicente

William S. Reyes
- As Lito (Kapileo Bus Stop – Guandong Hardware)
- As Perdido
- Chalan Kanoa
- Chalan Piao (North of Guili Rd)
- Susupe (South of Sawari Blvd.)

Admiral Herbert G. Hopwood Middle School
- As Perdido
- Chalan Laulau Beach Rd.
- Chalan Kanoa
- Chalan Kiya
- Chalan Laulau
- Chalan Piao
- Garapan (Including Lower Miha)
- Gualo Rai
- Oleai
- Susupe

Dandan Middle School
- Airport Rd
- As Lito
- As Terlaje (East of Chalan Kiya Mobil)
- Dandan
- Lower Dandan
- Fina Sisu
- Kannat Tabla
- Obyan (North of Kapileo Res. To Hawaiian Rock)
- Papago (South of Botanical Garden)
- San Vicente

Tanapag Middle School
- Achugao
- As Mahetog
- As Matuis
- Capitol Hill (Northwest of Egigi Dr)
- Sadog Tasi
- San Roque
- Tanapag
- China Town
- Navy Hill
- Puerto Rico

Chacha Oceanview Middle School
- As Teo
- Capitol Hill (Northeast of Egigi Dr.)
- Kagman
- Papago (North of Botanical Garden)

Francisco M. Sablan Middle School
- Alu Drive
- Chalan Piao (Guili St. to San Antonio)
- Obyan Rd. (south of Kapileo Residence)
- Koblerville
- San Antonio
- Afetnas

Kagman High School
- Achugao
- As Matuis
- Capitol Hill
- Kagman
- Marpi
- Papago
- Sadog Tasi
- San Roque
- San Vicente (North of San Vicente Elem)
- Tanapag

Marianas High School
- As Lito (Up to As Gonno Traffic Light)
- As Perdido
- As Terlaje
- Beach Road
- Chalan Kanoa (North of Chalan Piao Mobil)
- Chalan Kiya
- Chalan Laulau
- China Town
- Dandan (North of Dandan Middle School to San Vicente)
- Fina Sisu
- Garapan
- Gualo Rai
- Kannat Tabla
- Navy Hill
- Puerto Rico (Baranka Lane South to MHS)
- San Jose
- San Vicente (Up to San Vicente Elem)
- Susupe

Saipan Southern High School
- Afetnas
- Airport Rd
- As Gonno
- Dandan (South of Dandan Middle School)
- Koblerville
- Obyan Rd.
- San Antonio

PSS

From page 14

program organizers and the student participants—the question of funds.

"Since the interns only got job exposures instead of an actual salary, there were students who pulled themselves out of the program to pursue other paid opportunities," said Camacho.

To keep the interns' morale high, the internship organizers provided encouragement to the students so they can understand and appreciate the gains of first gaining experience, which they will need in their journey toward better job opportunities.

"One thing the program team wanted the students to understand was that the value they would receive from the experience surpasses salary. The participants had to understand the value they are receiving through hands-on experience and how much that experience will come to play as they get into their desired career path," Camacho said.

What then does it take to be good and successful intern? For Camacho, a good intern is one who is truly seeking career opportunities by participating in internship programs such as this joint offering by the Chamber and PSS or other internship opportunities available during the summer months.

CONTRIBUTED PHOTO

Interns from the islands' junior and senior high schools who participated in the 2023 Career Exploration Internship Program of the Saipan Chamber of Commerce and the CNMI Public School System pose for a souvenir photo with their respective mentors representing some island business who took part in the internship program.

Camacho looks at initiative and the ability to communicate as two major factors a student must have to reap the benefits of a work program and be considered as success. "A student taking the initiative to find out how to apply for the program, to ask questions and make calls to the proper organizations are some of the key traits an intern should have. Practicing these qualities sets an intern in the right direction," she said.

Camacho has this advice to potential interns: "To find success is to simply follow the program guidelines, adhere to your employer placement. Be motivated and be willing to put yourself out there. By doing so, you begin to build your brand and who it is you want to become as you leave high school—opportunities for employment may even rise during internships."

CONTRIBUTED PHOTO

Two interns who participated in the 2023 Career Exploration Internship Program of the Saipan Chamber of Commerce and the CNMI Public School System do hands-on work with their mentor as part of their internship work.

Taylor also looks for focus, integrity, and the desire to make something out of oneself as added factors in achieving success in internships. "We want students who are serious about their future in the CNMI and beyond."

Taylor reminds students that a combination of good grades coupled with the practice of sound corporate values such as integrity and trustworthiness are keys to helping a student land good job opportunities.

"There are other criteria beyond your GPA that are critical in being a successful student and citizen. You may not know what you want to be right now, but be open to exploring the opportunities available to you and work on completing programs and your studies until the end. This will help build your resiliency and your skills in becoming trustworthy and focused," she said.

Critical to the success of an intern is the support they get from their families, particularly in the development of strong work ethos. "We hope families recognize that time, transportation, and encouragement help students achieve success in programs like internships and work-based learning," Taylor said. "Instilling skills like managing time, being prompt, taking initiative, being a good intern, and excellent communication skills are just a few skills families can help students develop."

For businesses who want to help lay the foundation of a reliable and strong workforce for the CNMI, Taylor offers these words: "Getting to know who our students are is really at the heart of internships and work-based learning. We hope that partnerships with businesses can be an investment from both parties to build, teach, and develop our CNMI youth into productive and contributing citizens, and potentially gain employment."

Camacho leaves these encouraging words to students who want to further develop their skills and potential so they can fund their career successes: "The world is filled with opportunities and, as an individual, you're only as successful as you set yourself out to be. Step outside your comfort zone. Explore and find out where you fit in the workforce. Many questions you ask yourself about a job can be answered by participating in an internship program as it truly is an opportunity for career exploration."

WELCOME BACK
CLASS OF
2023-2024
"Knowledge is the wind beneath the wings of your dreams – let it lift you higher."
FROM THE OFFICE OF
Rep. Malcolm J. Omar
CNMI House of Representatives
Precinct #4

NMTech opens doors to career development

By TERI M. FLORES
CORRESPONDENT

For those mulling a career in the hotel, construction, automotive or cosmetology industries or those who just want to enhance their skills and knowledge in technical services, the Northern Marianas Technical Institute offers training courses that open doors to more career opportunities in these industries.

Located at Pila Drive in Puerto Rico on Saipan, NMTech offers courses that are specifically designed to both prepare students to enter the workforce and to ensure their success when hired. The trade institute's courses are considered comprehensive hands-on technical training programs in the mechanical and skills trades and lead to a certification from the National Center for Construction Education and Research for those who focus on eight construction-related courses that include carpentry, electrical, heating and air conditioning systems, among others.

Students specializing in careers in the hotel and restaurant industries earn a globally recognized S.T.A.R.T certification from the American Hotel and Lodging Educational Institute. Those who complete these courses are given the option to choose a designation as front desk representative, restaurant server, or as guest room attendant.

NMTech certifications are also available for students who decide to focus on automotive technology, culinary arts, baking and pastry, or cosmetology, among other available programs,

Also available are Google Certificates courses for those who are looking to beef up their knowledge in IT support, project management, digital marketing and E-commerce, and data analytics.

Enrollment is open to everyone over the age of 16, with the exception of PSS COOP classes or PSS CTE classes. Tuition varies by the course and levels. Scholarship opportunities are available through the Saipan Higher Education Financial Assistance, the CNMI Scholarship Office, the in-house Workforce Development Training Scholarship Program, the CNMI Department of Labor Workforce Innovation Opportunities Act Program, and the Opportunity Act Title 2 where some conditions apply.

Originally established as a trade school through Public Law 20-92, NMTech has since transitioned to its current status of being a technical institute that offers more comprehensive programs to best help and prepare students respond to the wide variety of job opportunities available in the CNMI.

NMTech has formed partnerships with leading local government departments, educational institutions, and private companies that include the Public School System, Northern Marianas College, CNMI Department of Labor's Workforce Investment Opportunity Agency, Department of Corrections' outreach program, Island Training Solutions, Northern Marianas Housing Corp., and Commonwealth Healthcare Corp.'s Environmental Health and Disease Prevention.

More information about NMTech is available through their website https://www.nmtechcnmi.org. Their Lower Base office is open Monday to Friday, from 8:30am to 5:30pm, Monday to Thursdays and from 8am to 5pm on Fridays. They are are closed during the weekends and on holidays. Online inquiries may be sent to admissions@nmtechcnmi.org. Classes are offered thought out the day to accommodate working students, including night classes and weekends.

LET'S GIVE A BIG CHEER FOR THE NEW SCHOOL YEAR!
KFC
TACO BELL
SCHOOL IS COOL
KFC & TACO BELL BACK TO SCHOOL RAFFLE
RAFFLE PERIOD: AUGUST 14 - OCTOBER 1, 2023
2 LUCKY WINNERS OF A DESK AND CHAIR COMBO
GET A CHANCE TO WIN WITH EVERY PURCHASE WORTH $25 IN A SINGLE OR ACCUMULATED RECEIPT.
RAFFLE DRAWING: OCTOBER 2, 2023
670 234 6523
KFC & TACO BELL SAIPAN
SCAN TO ORDER
TOWN HOUSE SHOPPING CENTER, BEACH ROAD, CHALAN KANOA, SAIPAN, 96950

SETTING SAIL SY 2023-2024

Tips to feel your best and manage stress!

By STUDENT & SUPPORT SERVICES
Mental Health Team, Public School System

Hafa adai, tirow, and greetings, students and parents!

Have you ever heard stories about the brave Marianas sailors who traveled far and wide using only the stars to guide them? Like them, as we start a new school year, we might face some winds and waves of our own—called stress. But, with the right tools and tips, we've got this!

Signs and causes of stress

Starting school again brings a mix of feelings. At PSS Mental Health, we like to call this the Fiesta Plate of emotions. This plate might include excitement to see friends, nervousness about new subjects, or sadness that summer is ending. This whirlwind can sometimes cause stress. A little bit of stress is healthy. It helps us grow into resilient coconut trees, so even when we sometimes bend and sway in the wind, we don't break. Stress can also be detrimental if we don't understand what's happening to us and don't know how to manage it effectively. All stress, good or bad, comes with signs that might make you feel tired, grumpy, or give you headaches. It can be caused by schoolwork, concerns about friendships, or too many changes—like the sudden end of summer and the start of a new school year. Remember, the start of a new school year causes stress for everyone! You're not alone.

CONTRIBUTED PHOTO

A little bit of stress is healthy. But stress can also be detrimental if we don't understand what's happening to us and don't know how to manage it effectively.

Tips to handle stress:

■ Get into a routine: Busy days can sometimes be stressful. Preparing by adjusting our sleeping time can help. Try going to bed a little earlier each night. Good sleep is a fantastic stress-buster!

■ Talk about your feelings: We're good at sharing stories in our island community, but sometimes we keep our feelings to ourselves. Talk about how you feel. Create a fun chart marking your mood for the day. It's a way to understand and manage stress by checking in and understanding why you might feel a certain way. Share your feelings with a trusted adult or positive friend.

■ Know your school: Unknown factors can make us nervous. Visiting your school before it starts can help. Think of it like previewing a game before you play. You're more likely to succeed if you're prepared.

■ Find your crew: Friends are like a stress relief team. Some of you have a large group of friends, some have just one friend, and some might be working toward a positive peer connection. Join clubs or groups at school to make new friends. Many people long to make friends; they're just afraid sometimes to make the first move. So, smile and say hello. Share a snack. Share your story and listen to theirs. Be open to similarities and differences. You'll find your place.

■ Take moments to breathe: A quick pause and a few deep breaths can calm your mind, like hitting the reset button. We're not robots. It's normal to feel overwhelmed at times. When that happens, slow down, take a moment to breathe, regroup, and then continue when you're ready.

■ Move and groove: Activities help ease stress. Dance, play, or take a walk. Keeping your body active daily is a sure way to manage stress, and it has many other benefits. No matter your fitness level, commit to moving to maintain a healthy mental groove.

■ Eat tasty, healthy food: Good food is fuel. It helps your body and mind tackle stress. Make sure to eat all your meals. Take advantage of the meals provided by the schools. Sometimes the food might not be your favorite, but it's nutritious. Incorporate lots of fruits and veggies into your diet. What's good for the body is also good for the mind.

■ Enjoy the outdoors: Nature is a natural stress reliever. On our islands, we don't have to travel far to experience the stress-relieving power of nature. Visit the beach, hike, or just look out at the ocean. It can be a healing and highly stress-relieving experience.

■ Family, culture, and spirituality: Our families, whether by blood or chosen, can be our anchors, providing support when stress peaks. Traditions often come with family and provide a sense of belonging and identity. Many also come from spiritual homes with deep connections to a higher power, offering solace, perspective, and peace, transcending immediate pressures.

While these strategies work for many, some might need additional help during particularly challenging times. If stress becomes overwhelming, it's okay to talk to someone—be it a teacher, school counselor, or parent.

For parents and guardians: It's crucial to watch for signs of stress in your kids. Engage in conversations, understand their school life, or even seek professional guidance when needed. Upon registration, you completed our Universal Screener, which poses questions about your child. The PSS Mental Health Team uses this information to identify if your child needs additional support. Your involvement is a valuable asset for students.

Resources: Our schools and PSS provide resources to manage stress. We offer various community outreach programs and activities throughout the year on all three islands. Skill based groups for conflict resolution, trauma and grief, building healthier relationships, and even one-on-one support for those needing more individualized assistance. We also help coordinate referrals if students need the extra support of our amazing community partners, such as the CHCC Community Guidance Center and Kagman Isla Community Health Center. More details about these services will be made available through your schools.

Your children's schools play a vital role in managing stress. Teachers incorporate social-emotional learning into their lessons, and counselors are some of the best mental health front-liners on this side of the Pacific.

We continuously strive to serve you better as the newest department within PSS. Together, we can ensure everyone knows how to navigate the challenges of school life.

Community partners:

■ The Community Guidance Center Mental and Behavioral Health Services: (670) 284-0843 or 284-0847, (670)323-6560/01

■ Wellness Clinic (serves ages 26 and above): (670) 323-4063

■ System of Care (serves ages 21 and below) Saipan/Tinian: (670) 664-4604/5/6/7/8/9 and Rota: (670)532-6463

■ Healthy Transitions (serves 16 - 25yos): (670) 323-1900/01

■ National Suicide & Crisis Lifeline: 988

■ CHCC Suicide Prevention Program (serves all populations): (670) 664-LIFE (5433)/ LIVE (5483)

■ Kagaman Isla Community Health Center: (670)-256-5242

Starting a new school year is like embarking on a new adventure. With good friends, practical tips, and island wisdom, we're set for an exceptional year. Remember, facing and managing stress is part of the journey. With the right tools, we'll sail smoothly!

For more information about the topics discussed above, email our program at mentalhealth@cnmipss.org, or you may email Dr. Bobby Cruz directly at bobby.cruz@cnmipss.org.

Caring for gadgets and gizmos

By TERI M. FLORES
CORRESPONDENT

Let's admit it. Gadget use has become ubiquitous in schools and has been a classroom fixture since the early '80s when mathematician Seymour Papert first introduced microcomputers to students to teach them basic programming.

Laptops and smartphones are two of the most popular gadgets used in schools. While educators may be split in their opinion about the presence of gadgets in the classroom, the reality is that they are here to stay. The hardware and the software that go with these gadgets can be budget busters and giving them TLC (tender loving care) is the best way to protect these investments. On top of this, the proper care of gizmos also ensures safety from diseases caused by using unsanitary equipment.

Telecommunications experts at Docomo Pacific, a regional leader in innovation, telecommunications, and entertainment, shares these tips to make cleaning and maintaining our devices in spick-and-span shape.

1. Gently wipe down the outside of the device, including screen, with an anti-bacterial wipe. (Only use anti-bacterial wipe containing 70% isopropyl to clean your device and avoid ports).

2. A wooden toothpick is recommended to gently clean out your device's ports. (Cotton swabs could leave behind more debris)

3. Remove dust and particles from keyboards using a soft brush, like a large makeup brush, perfect for getting into tiny crevices. Finish it off with canned air to get just about everything in between.

4. Sanitize your mobile device using a UV phone sterilizer. This disinfects your phone safely without using any harsh chemicals! Available at Docomo Pacific.

5. Always keep safety a top priority! Before beginning any cleaning process, make sure your devices are unplugged to prevent any electrical mishaps. When using damp cloths or disinfectants, refrain from spraying them directly onto the device or its ports. Remember to keep liquids and moisture away from any openings to avoid damage. Lastly, it's important to never use bleach for cleaning your devices, as it can cause harm.

CONTRIBUTED PHOTO

Gently wipe down the outside of the device, including screen, with an anti-bacterial wipe.

Making your back-to school shopping a breeze

By TERI M FLORES
Correspondent

If you are still on the hunt for some back-to-school deals, consider getting them at these local outlets that offer quality products at prices that won't bust your budget.

DOCOMO PACIFIC

For those looking for smartphones with a good phone and data plan, this is where Docomo Pacific comes into the picture.

Docomo Pacific's NOW program combines both affordability and easier access to the latest smartphone models for well-qualified customers. Under this program, subscribers may purchase the latest smartphone for zero down payment, dividing the retail price of the handset into low monthly installment payments. Plus subscribers have the option to upgrade to a new handset every year.

As the renowned regional leader in innovation, telecommunications, and entertainment, Docomo Pacific offers the most advanced iPhone lineup with iPhone 14, iPhone 14 Plus, iPhone 14 Pro, and iPhone 14 Pro Max.

Between now until Sept. 30, 2023, sign up for a phone and data plan under Docomo's "Link Bundle Plan" and pay as low as $95 a month. This phone and data bundle is inclusive of Mobile Lite phone and dFi+ internet plan. Mobile Lite comes with 40GB, 4G LTE DATA, unlimited talk & text and unlimited social and messaging Apps. dFi+ value of 30.0 MBPSm to 5.0 MBPS.

On top of this, subscribers get the first three months of home internet service and $50 credit toward the first month billing, Superpod AX and basic installation, all for free. Subscribers save as much as $599 a month with bundled services for any iPhone 14 series.

For more details and information pricing and data plans, visit www.docomopacific.com or call 670-488-CARE.

PAYLESS SUPERFRESH AND TRUCKLOAD STORE

At Payless Superfresh and Truckload Store, take advantage of their back-to-school sale from Aug. 11 to Aug. 17 and get deals from their grocery section that are sure to fill every student's hungry stomach. There are also deals from their appliance, home, and garden section. Payless Superfresh Rewards members may also redeem points for selected food and hygiene products.

Open daily from 7am to 9pm, Payless Superfresh and Truckload is also on Facebook (@paylesssuperfreshtruckoadstore) with phone number (670) 234-1444.

JOETEN SHOPPING CENTER

For great bargains on back-to-school essentials, visit any of the four Joeten Shopping Center branches in Susupe, Garapan, Dandan, or Kagman. Joeten's midweek sale—ongoing between Aug. 15 and Aug. 16—features big savings on classroom essentials, from filler papers, notebooks, art and writing supplies, to a stylish backpack that will securely hold your student's supplies.

Good deals can also be found at Joeten's grocery section to complete any family's weekly meal plan. Choose from select cuts of meats to baking essentials and juices that will satisfy any family's nutritional needs. Call Joeten Shopping Center at (670) 234-6446/68 for more information.

SURF CLUB and GREAT HARVEST BREAD CO.

In case you find you or your family craving for a classic cheeseburger, fries and pizza, look no further than the Surf Club.

From Aug. 13 until Aug. 31, a grilled cheese with your choice of either calamansi cooler or mango mansi is only $7.50 at Great Harvest Bread Co. For more details about their bakery products, follow @greatharvestbreadsaipan on Facebook and @greatharvestsaipan on Instagram, or call them at phone number (670) 234-2733.

At the Surf Club restaurant, get a 20% discount on their line of burgers and pizzas. Get more details about their back-to-school promo at @surfclubsaipan on Facebook and @surfclubrestaurant on Instagram or call them at (670) 235-1122. Surf Club is open from 11am to 4pm.

KENTUCKY FRIED CHICKEN and TACO BELL

Ease your cravings for some good 'ole fried chicken and tacos. At Kentucky Fried Chicken, get the "Lunch and Dinner Supreme," which includes a one-piece chicken, two pieces of hot wings, a one-piece chicken strip, one small red rice, one small mashed potato and a bottle of water for just $9.99.

For the same price of $9.99, get a "Fully Loaded Pack" of taco goodness from Taco Bell. The "Fully Loaded Pack" includes one regular taco, one nacho crunch burrito, one cheese roll, one pack of chips, and a bottle of water. Both KFC and Taco Bell offerings are available for a limited time only.

Both chicken and taco packages are available from Monday to Friday between 11am to 2pm and from 5pm to 7pm.

To welcome the new school year, KFC and Taco Bell have teamed up for the "School is Cool" back-to school raffle. From Aug. 14 until Oct. 1, 2023, buy any KFC or Taco Bell product and get a raffle ticket with every purchase of $25 in a single or accumulated purchase. A desk and chair combo awaits two lucky winners. Raffle drawing is on Oct. 2, 2023.

Visit KFC and Taco Bell at the Town House Shopping Center, Beach Road, Chalan Kanoa or call (670) 234-6523. They are also on Facebook @KFC & Taco Bell Saipan.

LOLLIPOPS and GIRL TALK

Head on to Lollipops for their back-to-school sale on toys and children's clothing. Take advantage of 15% off on dressy and play clothes available from Aug. 5 to Aug. 21. Located on Beach Road in Garapan, Lollipops is open Monday to Saturday from 9am to 7 pm, on Saturday from 10am to 7pm, and on Sunday from 10am to 4pm. Call Lollipops at (670) 234-8040.

For back-to-school fashion, Girl Talk has clothes and accessories tweens will love to wear to school. From Aug. 4 to Aug., 21, girls between ages 8 to 12 will have a ball trying out new styles at this girl boutique's back-to-school sale. Visit Girl Talk, which is now located at the Townhouse in Chalan Kanoa. The store is open Monday to Friday between 11am to 7pm, on Saturday from 10am to 7pm, and on Sunday from 10am to 7pm. Girl Talk may be reached at (670) 233-8050.

Business

Japanese economic growth surges on strong exports and tourism

AP

The Nakamise shopping street to Sensoji temple is crowded with visitors and foreign tourists in the Asakusa district in Tokyo Japan, on July 19, 2023.

TOKYO (AP)—Japan's economic growth jumped at an annual pace of 6% in the April-June period, marking the third straight quarter of growth as exports and inbound tourism recovered.

Real gross domestic product, which measures the sum value of a nation's products and services, grew 1.5% in the fiscal first quarter for the world's third largest economy, the Cabinet Office said Tuesday.

The annualized pace shows what the growth would have been if what was marked during the quarter had continued for a year. The rate outpaced what analysts had forecast at 3.1% growth.

The latest quarter showed the strongest growth since October-December 2020, when Japan's GDP grew 1.9% on-quarter, and 7.9% annualized rate.

Exports grew 3.2% in the three months through June, according to the government. Auto exports have grown lately, after a period in which they had stalled on the shortage of computer chips and other parts. Production was crimped because of social restrictions related to the COVID-19 pandemic.

Also contributing to quarterly growth was the return of tourism, as social restrictions eased, and borders opened to inbound travel. Tourism revenue contributes to export growth in such GDP data.

On the negative side, private consumption stalled, declining 0.5% compared to the previous quarter. Public demand, which includes government spending, rose 0.3%.

Some analysts think signs of recovery will prompt Japan's central bank to take action on a policy change and move toward higher interest rates.

The Bank of Japan has taken a super-easy monetary policy for years, at zero or below-zero interest rates, to jumpstart an economy beset by deflation, the opposite of what the world is worried about lately, or inflation.

Deflation can be lethal, signaling stagnation. Japan has a shrinking population caused by an extremely low birth rate.

But recent data show the economy may be gradually picking up and wresting itself out of stagnation and deflation. Complicating matters is that high interest rates can make borrowing more expensive and contribute to a slowdown, just when the economy is starting to rebound.

"The data is likely to provide the Bank of Japan with more room for normalization, although the initial short-lived bounce in the Japanese yen seems to reflect some market expectations that patience from the central bank is still the likely stance," said Yeap Jun Rong, market analyst at IG.

Micronesia Mall continues Tango Theatres Guam legacy

DEDEDO, Guam—Goodwind Development Corp., owners of Micronesia Mall, has assumed operations of the former Tango Theatres, effective Aug. 1, 2023.

Rebranded as MM Theatres, shoppers and movie lovers will continue to be able to enjoy the latest movies under new owners.

Micronesia Mall is proud to have had Tango Theatres as a tenant for the past 25 years, and will continue the legacy of entertaining Guam with the latest movies.

MM Theatres is equipped with 12 screening rooms, including state-of-the-art projection and audio technologies. As part of the rebranding process, GDC has plans to improve the facilities and offer a greater selection of amenities and snack bar treats to movie-goers.

"Goodwind Development Corp. is excited to operate MM Theatres. As a central hub for entertainment in Guam and together with celebrating our 35th anniversary this year, Micronesia Mall remains committed to offering the best experiences for families, tourists, and shoppers. We hope visitors have a pleasant experience, and we look forward to offering a wider array of attractions at the Mall," said Jeselyn Tan Yu, GDC's chief executive officer.

Patrons can contact the MM Theatres for showtimes at (671) 632-3456. ***(PR)***

Nation

Trump indicted in Georgia over '20 election meddling

ATLANTA (AP)—Donald Trump and 18 allies were indicted in Georgia on Monday with scheming to overturn his 2020 election loss in the state, with prosecutors turning to a statute normally associated with mobsters to accuse the former president, lawyers and other top aides in a sweeping criminal conspiracy aimed at keeping him in power.

The 97-page indictment details dozens of acts by Trump and his allies to undo his defeat in the battleground state, including hectoring Georgia's Republican secretary of state to find enough votes to keep him power, pestering officials with bogus claims of voter fraud and attempting to persuade Georgia lawmakers to ignore the will of voters and appoint a new slate of electoral college electors favorable to Trump. It also outlines a scheme to tampering with voting machines in one Georgia county and steal data.

"Trump and the other Defendants charged in this Indictment refused to accept that Trump lost, and they knowingly and willfully joined conspiracy to unlawfully change the outcome of the election in favor of Trump," says the indictment issued Monday night by the office of Fulton County District Attorney Fani Willis.

Other defendants included former White House chief of staff Mark Meadows; Trump's personal attorney Rudy Giuliani; and a Trump administration Justice Department official, Jeffrey Clark, who advanced his efforts to undo his election loss in Georgia. Multiple other lawyers who devised legally dubious ideas aimed at overturning the results, including John Eastman, Sidney Powell and Kenneth Chesebro, were also charged.

Willis said the defendants would be allowed to voluntarily surrender by noon Aug. 25. She also said she plans to ask for a trial date within six months.

The document describes the former president of the United States, the former White House chief of staff, Trump's attorneys and the former mayor of New York as members of a "criminal organization" who were part of an "enterprise" that operated in Georgia and other states -- language that conjures up the operations of mob bosses and gang leaders.

The indictment bookends a remarkable crush of criminal cases — four in five months, each in a different city — that would be daunting for anyone, never mind a defendant simultaneously running for president.

It comes just two weeks after the Justice Department special counsel charged him in a vast conspiracy to overturn the election, underscoring how prosecutors after lengthy investigations that followed the Jan. 6, 2021 riot at the U.S. Capitol have now, two-and-a-half years later, taken steps to hold Trump to account for an assault on the underpinnings of American democracy.

The sprawling web of defendants in the Georgia case — 19 in total — stands apart from the more tightly targeted case brought by special counsel Jack Smith, which so far only names Trump as a defendant.

Number of dead from Maui wildfires reaches 99

LAHAINA, Hawaii (AP)—The number of deaths caused by the Maui wildfires stood at 99 Monday, a figure that is likely to increase as search crews comb neighborhoods where flames moved as fast as a mile a minute.

The blazes that consumed most of the historic town of Lahaina are already the deadliest in the U.S. in more than a century. The cause was under investigation.

Gov. Josh Green said the search will take time and and asked for space to do it properly. "For those people who have walked into Lahaina because they really wanted to see, know that they're very likely walking on iwi," he said at a news conference on Maui, using the Hawaiian word for "bones."

"They will find 10 to 20 people per day, probably, until they finish," Green told CBS Mornings in a recorded interview that aired Monday. "And it's probably going to take 10 days. It's impossible to guess, really."

As cellphone service has slowly been restored, the number of people missing dropped to about 1,300 from over 2,000, Green said.

Twenty cadaver dogs and dozens of searchers are making their way through blocks reduced to ash. As of Monday, they had searched about 25% of the area, up from just 3% over the weekend, said Maui Police Chief John Pelletier.

Meanwhile, some state officials say there is a shortage of water available for firefighters, and they blame a recent ruling by an environmental court judge. It's part of a long-running battle between environmentalists and private companies over the decades-long practice of diverting water from East Maui streams that started during Hawaii's sugar plantation past.

Green said there are people fighting over access to water to fight fires. "We have a difficult time on Maui and other rural areas getting enough water for houses, for our people, for any response," he said.

As the utility worked to fully restore power, evacuees were expected to begin moving into hotels Monday evening. Green said that 500 hotel rooms were being made available for displaced locals and an additional 500 rooms will be set aside for workers from the Federal Emergency Management Agency who are aiding in the recovery.

In addition, FEMA has started to provide $700 to displaced residents to cover the cost of food, water, first aid and medical supplies, agency administrator Deanne Criswell said Monday. The money is in addition to whatever amount residents qualify for to cover the loss of homes and personal property.

"We're not taking anything off the table, and we're going to be very creative in how we use our authorities to help build communities and help people find a place to stay for the longer term," Criswell said. More than 3,000 people have registered for federal assistance, according to FEMA, and that number was expected to grow.

On the water-supply issue, the deputy head of the U.S. Fire Administration, Tonya Hoover, said she did not have details on the island's current water supply. She said the head of her agency has been meeting with firefighters, including one who was badly hurt and hospitalized.

The Biden administration is seeking $12 billion more for the government's disaster relief fund as part of its supplemental funding request to Congress.

Asia

US, Japan, S. Korea to have deeper defense cooperation

WASHINGTON (AP)—The United States, Japan and South Korea are expected to announce plans for expanded military cooperation on ballistic missile defenses and technology development in the face of growing concern about North Korea's nuclear program when the countries' leaders gather at Camp David for a summit Friday, according to two senior Biden administration officials.

The officials, who spoke on the condition of anonymity to discuss planning for the summit, said the announcements will be part of a broad set of initiatives that will be unveiled as President Joe Biden hosts Japanese Prime Minister Fumio Kishida and South Korean President Yoon Suk Yeol for the one-day gathering at the presidential retreat in Maryland's Catoctin Mountains.

The summit is the first Biden has held during his presidency at Camp David and comes amid a thaw in the historically complicated relationship between Japan and South Korea. Japan colonized the Korean Peninsula from 1910 to 1945.

The White House is looking to build on the recent diplomatic momentum and aims to use the summit for "institutionalizing, deepening and thickening the habits of cooperation" between the three countries as they face an increasingly complicated Pacific, one official said.

Earlier Monday, North Korea state media reported that North Korean leader Kim Jong Un has ordered a drastic increase in production of missiles and other weapons. Kim's push to produce more weapons comes as U.S. officials believe Russia's defense minister recently talked with North Korea about selling more weapons to Russia for its war with Ukraine.

Japan and South Korea have been rapidly mending their ties as they deepen three-way security cooperation with Washington in response to growing regional threats from North Korea and an increasingly assertive China.

The ties have improved rapidly since March after South Korean President Yoon Suk Yeol's government announced an initiative to resolve disputes stemming from compensation for wartime Korean forced laborers.

Last month, Japan reinstated South Korea as a preferred nation with fast-track trade status, ending a four-year economic row that was further strained during their bitter historic disputes. The three countries also announced in June that they would begin to share in real-time early warning threat data of North Korean missile launches by the end of the year.

Biden plans to take Kishida and Yoon on a walk of the Camp David grounds and will host the leaders for an intimate lunch, the officials said. While Biden will hold one-on-one conversations with both leaders, the three leaders will spend the bulk of the visit together, the officials said.

One official said the gathering at Camp David is meant to drive home that the progress made between South Korea and Japan is a "big deal" and that it's critical that the relationship "only move forward."

The leaders are expected to be dressed in shirtsleeves without ties for the private portions of Friday's Camp David meetings. The leaders are also expected to take part in a joint news conference at the end of the summit.

Camp David has been the site of significant moments of diplomacy.

In the midst of World War II, President Franklin Roosevelt and British Prime Minister Winston Churchill met at the retreat — then known as Shangri-La — for planning of the Italian campaign that would knock Benito Mussolini out of the war.

President Jimmy Carter hosted Egyptian President Anwar Sadat and Israeli Prime Minister Menachem Begin in September 1978 for talks that established a framework for a historic peace treaty between Israel and Egypt in March 1979.

48 dead in floods, landslides in India's Himalayan region

NEW DELHI (AP)—Heavy monsoon rains triggered floods and landslides in India's Himalayan region, leaving at least 48 people dead and many others trapped, officials told local media on Monday.

Torrential downpours that began over the weekend in the mountainous Himachal Pradesh state have flooded roads and washed away homes as scores of rescuers work to help those trapped under piles of debris.

Among the worst hit was the Mandi district in Pradesh, where 19 bodies were recovered by rescuers, officials told the Press Trust of India news agency.

In the capital city of Shimla, 14 people died following two landslides and a cloudburst — a sudden, very heavy rain — in the state's Solan district on Sunday night killed nine people in the area, they added.

The death toll rose through the day as heavy rains battered various parts of the state, sparking flash floods and more landslides, authorities said.

The state's chief minister, Sukhvinder Singh Sukhu, said rescuers in Shimla were working to clear the debris and help those still trapped.

Cloudbursts are defined as when more than 10 centimeters (3.9 inches) of rainfall occurs within 10 square kilometers (3.8 square miles) within an hour. They are a common occurrence in Himalayan regions, where they have the potential to cause intense flooding and landslides affecting thousands of people.

Homes in Solan were washed away and roads flooded in the incessant rains, police told PTI. In Shimla, the landslides brought down a Hindu temple, which was crowded with devotees, raising fears that the death toll could rise as rescue work carries on.

All schools and colleges in the state have been shut and more than 700 inundated roads have been closed.

India's weather department warned that moderate to heavy rainfall were hitting various parts of the state on Monday, and said rains could continue until the end of the week. It had issued a red alert over the weekend for intense downpours in neighboring Uttarakhand state, where 60 people have died in monsoon rains this season, PTI reported.

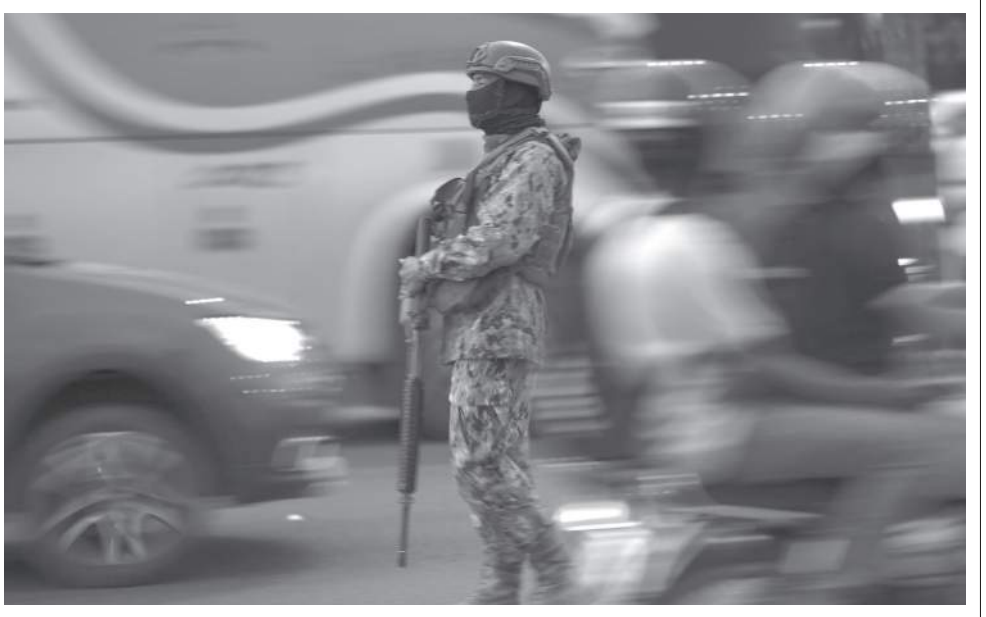
Last month, record monsoon showers killed more than 100 people over two weeks in parts of northern India, including in Himachal Pradesh, which was the worst hit.

Disasters caused by landslides and floods are common in India's Himalayan north during the June-September monsoon season. Scientists say they are becoming more frequent as global warming contributes to the melting of glaciers there.

In February of 2021, flash floods killed nearly 200 people and washed away houses in Uttarakhand.

World

Political leader in Ecuador killed



AP

A soldier monitors vehicle traffic on the National Unity Bridge that connects the town of Duran with the Guayaquil, Ecuador, July 20, 2023.

GUAYAQUIL, Ecuador (AP)—The unprecedented violence shaking Ecuador claimed the life of another political leader Monday, bringing the number of politics-related slayings within the last four weeks to three, including that of a presidential candidate.

The fatal shooting of Pedro Briones, a local leader of Revolución Ciudadana, the party of former President Rafael Correa, was confirmed by Luisa González, the frontrunner in Sunday's special presidential election and member of the same party.

The shooting happened in the northern province of Esmeraldas. Details were not immediately available.

"Ecuador is experiencing its bloodiest era," González tweeted. "A heartfelt hug to the family of colleague Pedro Briones, fallen by the hands of violence."

The killing of Briones, who was a political leader in a rural area of San Mateo de Esmeraldas, came less than a week after the South American country was rocked by the assassination in broad daylight of presidential candidate Fernando Villavicencio, who had a famously tough stance on organized crime and corruption. Villavicencio was killed at the end of a political rally in Quito, the capital, despite having a security detail that included police and bodyguards.

Their slayings followed the July 26 fatal shooting of the mayor of Manta, Ecuador's third largest city. Agustín Intriago, 38, had recently been re-elected to a term that began in May.

Thousands of people have been killed over the past three years in Ecuador as the country has transformed into a major drug trafficking hub and cartel-aided local gangs battle for control of the streets, prisons and drug routes. Crime and violence have dominated the discussions around Sunday's election.

In an interview with The Associated Press, González said she revamped her security detail following Villavicencio's killing but continued to refuse to wear a bulletproof vest, arguing that she is a Christian woman.

"I have faith in God; he is the one who takes care of us," she said.

Should she become president, she said she plans to take a tough stance on crime, cleaning up police forces, increasing control along the country's borders, and investing in equipment for law enforcement.

Ukraine says it stopped air attacks on Odesa

KYIV, Ukraine (AP)—Russia launched three waves of drones and missiles against the southern Ukraine port city of Odesa, officials said Monday, though the Ukrainian air force said it intercepted all the airborne weapons fired during the nighttime attacks.

Falling debris from the interceptions of 15 Shahed drones and eight Kalibr missiles damaged a residential building, a supermarket and a dormitory of an educational facility in the city, Odesa Gov. Oleh Kiper said.

Two employees of the supermarket were hospitalized, Kiper said. Video showed a huge blaze at the store during the night and, the next day, the large building's charred and mangled wreckage.

Meanwhile, Mykhailo Podolyak, an adviser to Ukrainian President Volodymyr Zelenskyy, rebuked critics who suggest a 2 1/2-month-old counteroffensive aimed at dislodging Russian forces from occupied areas of Ukraine should be advancing more quickly.

The Ukrainian army does not intend to engage in conspicuous "large-scale battles" against the Russians as the operation moves forward, Podolyak said on the X platform, formerly known as Twitter.

The goal, he said, is a piecemeal and systematic destruction of "the capabilities of the enemy army: its logistics, technical potential, officers and personnel."

Also Monday, the Dutch Defense Ministry and the British Royal Air Force said they scrambled fighter jets when Russian bombers were tracked flying toward the airspace of the Netherlands and off Scotland, respectively. The pair of Russian warplanes spotted in each location were flying in international airspace.

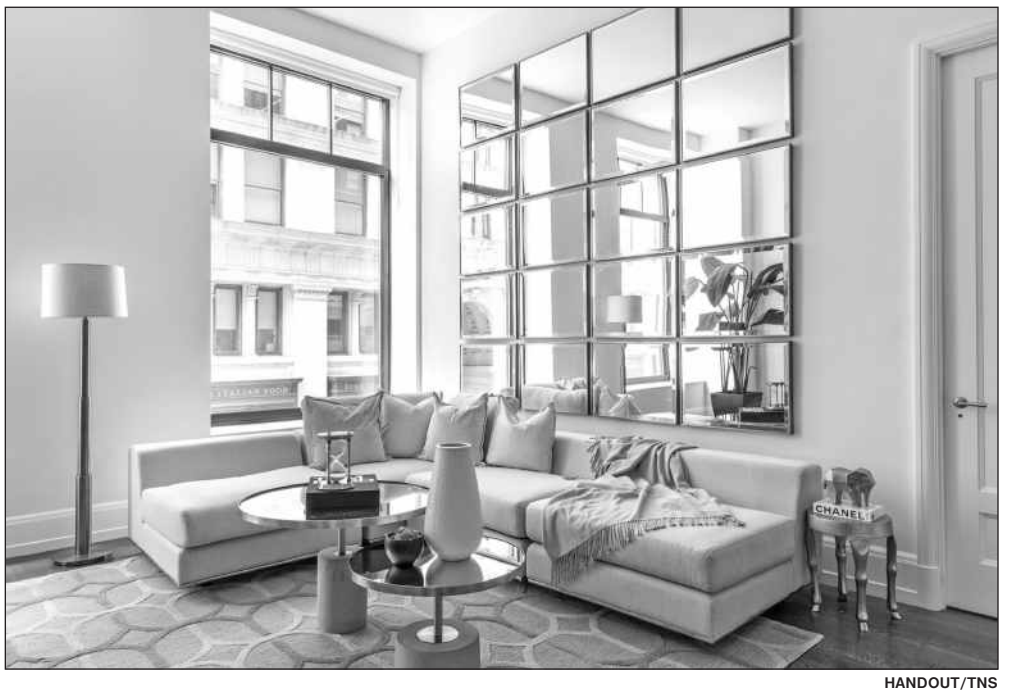
Britain's air force said two Typhoon fighters were launched from RAF Lossiemouth to monitor the Russian bombers as they flew north of the Shetland Islands off Scotland. The Russian Tu-142 Bear-F and Tu-142 Bear-J, which are used for maritime reconnaissance and anti-submarine warfare, were in airspace that is part of NATO's northern air policing area, the U.K. Defense Ministry said.

Russian aircraft entering the U.K.'s zone of international airspace can pose a hazard to other planes because they often don't communicate with air traffic control or broadcast their coordinates, the military said.

Good Housekeeping

SCOTT GABRIEL MORRIS

A white-on-white living room complements a bright space that is filled with light.



HANDOUT/TNS

Soft neutral toss pillows and throws are paired with a cream sofa for a soft, warm vibe.

Shades of white

HANDOUT/TNS

White upholstered pieces are paired with wood elements to create a midcentury vibe.

By CATHY HOBBS
Tribune News Service

White is perhaps one of the most misunderstood colors. With infinite shades, it may be difficult to find an exact match, but it's also one of the most versatile choices, especially for those looking to create a monochromatic, neutral color palette. White not only pairs well with other colors, but its tints, tones, and shades can also help create a strong sense of contrast.

Looking for ways to work white into your home decor? Here are some top Design Recipes tips.

DO'S

Do pair white with warm elements such as wood.

Do use white in rooms with lots of windows, as white helps to bounce light.

Do use white accessories such as toss pillows, tabletop accessories and throws to help create a monochromatic color palette.

Do include white upholstery into your space such as sofas and chairs.

Do use white to create a sense of contrast when paired with darker colors such as indigo, chocolate brown and black.

DON'TS

Don't worry about exact color matching. It's OK to blend different shades of white.

Don't mix too many shades of white that are tinted such as white with hints of blue, gray and green.

Don't ignore the power of layering and repeating shades of white throughout a space.

Don't use white excessively in a space, as it can potentially lead to a less elegant look.

Don't ignore the element of using artwork to help to create a white-on-white color scheme.

HANDOUT/TNS

A light living room sofa is used to highlight a lofted space with high ceilings.

HANDOUT/TNS

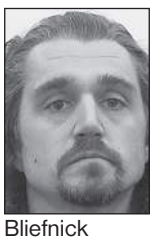
Winter white upholstered chairs help add a sense of contrast in a living space.

Life & Style

Ex-'Family Feud' contestant gets life for wife's murder

QUINCY, Ill. (AP)—A judge sentenced a former contestant on the television game show "Family Feud" to life in prison after he was convicted of first-degree murder and other charges in the slaying of his estranged wife in western Illinois.

Timothy Bliefnick, 40, showed no reaction as Adams County Circuit Judge Robert Adrian read the sentence Friday, news outlets reported.


Bliefnick

A jury in May convicted Bliefnick of murder, home invasion and use of a firearm to commit first-degree murder in the Feb. 23 shooting death of Rebecca Bliefnick, 41. Her body was found by a family member inside her Quincy home after she failed to pick up her children from school. She had been shot multiple times.

The couple was separated and going through a divorce.

Bliefnick's attorney did not immediately respond to a phone message seeking comment.

In 2020, Timothy Bliefnick and some of his family members appeared on ABC's "Family Feud," KHQA-TV has reported.

One of the questions asked by host Steve Harvey was, "What was the biggest mistake you made at your wedding?" Bliefnick answered "I do." He immediately told Harvey "not mine to say, not mine to say. I love my wife." He also said, "I'm going to get in trouble for that, aren't I?" Harvey responded, "It's going to be a lot of hell to pay at your house."

Bliefnick's answer was second on the board with 20 out of 100 people polled giving the same answer. Getting "sloshed" was No. 1 with 30 answers.

Westlife set to embark on first-ever North American tour

LOS ANGELES (AP)—Irish boy band Westlife are set to perform in North America for the first time in their 20-plus year history.

Westlife has sold more than 55 million records, released 36 No. 1 albums, and earned over one billion streams on YouTube. And now, they're headed to a few major cities in the U.S. and Canada around St. Patrick's Day next year.

The stint is short, but it is a long time coming. Westlife will kick off their four-date North American tour on Thursday, March 13, at Toronto's Meridian Hall, followed by Boston's MGM Music Hall at Fenway on March 14, New York City's famed Radio City Music Hall on March 16, and close out the run at the Chicago Theatre on March 18.

According to a press release, the shows will highlight the group's catalog, touching on their greatest hits: "Swear It Again," "Flying Without Wings," "World Of Our Own," "My Love," "If I Let You Go," and "Hello My Love" among them.

Westlife first appeared on the pop music scene in the late-'90s and early-2000s, when most of North America had their hearts set on two other boy bands: Backstreet Boys, whom Westlife opened for, and NSYNC.

Westlife were managed by Louis Walsh, then known as the mastermind behind Boyzone, a group he created to become an Irish version of the popular English group, Take That. Later, Walsh was a judge on "The X Factor UK," where he assisted in coaching one Irish and four British hopefuls into becoming the first contemporary boy band from the British Isles to make it big in the U.S.: One Direction.

AP

Westlife performs during the annual "Golden Camera" German film and television awards in the decommissioned Berlin Tempelhof Airport.

Peyton Manning adds a new title—professor

KNOXVILLE, Tenn. (AP)—Peyton Manning, the five-time NFL MVP and member of the Pro Football Hall of Fame, has a new title.

Manning

Just call him Professor Manning.

The University of Tennessee announced Monday that Manning has been appointed a professor of practice at the College of Communication and Information starting this fall. Manning graduated from Tennessee in 1997 with a degree in speech communication.

He said in a statement his time as a student there was a foundation for teaching him critical skills and techniques he still uses almost daily.

"I look forward to working with the college's talented faculty, and directly with students in an effort to ensure they are well prepared for their future careers," Manning said.

Manning, who earlier launched the Omaha Productions entertainment company, will join classes during the year as a featured expert.

Italy gets back 266 antiquities from New York seizures

ROME (AP)—Italy celebrated the return Friday of 266 antiquities from the United States, including Etruscan vases and ancient Roman coins and mosaics worth tens of millions of euros (dollars), that were looted and sold to U.S. museums and private collectors.

The returned items include artifacts recently seized in New York from a storage unit belonging to British antiquities dealer Robin Symes, officials said. In addition, the haul that arrived in Rome included 65 objects that had been offered by a collector to Houston's Menil Collection, but were declined.

The art unit of Italy's Carabinieri paramilitary police said the owner of the collection "spontaneously" gave back the items after investigators determined they had come from clandestine excavations of archaeological sites, according to a carabinieri statement.

While the carabinieri said the works had been part of the Menil Collection, the museum said they never were. The museum said a collector approached the museum in 2022 about making a gift of the artifacts, but the museum curator directed the collector to the Italian culture minister, "who alerted the museum that Italy was claiming the objects."

"The Menil Collection declined these works from the collector and they have never been part of the museum's collection," spokesperson Tommy Napier said in a statement late Friday to The Associated Press.

Italy has been on a decades-long campaign to hunt down antiquities that were looted by "tombaroli," or tomb raiders, and then sold to private collectors and museums in the U.S. and beyond. The looting operations involved art dealers who sold the items directly or via auctions.

Some of the items were handed over to Italian authorities Tuesday at the offices of the Manhattan district attorney, Alvin Bragg. Bragg's office said they included an Apulian krater, or vase, dating from 335 B.C. that was seized in July from a private collection in New York.

The vase had been photographed and included in the famous Polaroid "archive" of dealer Giacomo Medici, who passed it onto Symes, who then "laundered the piece through Sotheby's London," Bragg's office alleged.

Man unnerved by scantily clad stepdaughter

DEAR ABBY: I have been married to my second wife for 10 years. Most everything is fine, but we have one area of conflict. It is regarding her daughter, my stepdaughter, who has grown from a cute little 9-year-old into a beautiful 19-year-old. The problem is her attire around the house. She routinely wears a sports bra and panties around the house (around me). I find it distracting, to say the least. I have discussed it with her mother, but she sees nothing wrong with it, probably because she dresses pretty much the same way. I can't get my wife to understand that what might be OK for her is inappropriate for her daughter. What should I do? By the way, I have never said or done anything inappropriate, but I find myself taking a look at her more often than I should. Help!

STEPDAD WHO SEES IN TEXAS

DEAR STEPDAD: If you haven't told your wife DIRECTLY that a beautiful young woman parading around in her underwear and a sports bra is arousing, and you would prefer her daughter dress more modestly around you, you should. And out of respect for you, your wife should explain those facts to her daughter and remind her that she's no longer a child, and she should cover up.

■ ■ ■

DEAR ABBY: I am a 52-year-old woman. I am single and have no children, but I'm a loving aunt to many. I had an older sister who died before my older brother and I were born. She was born with special needs and lived for only 10 months. My parents never kept it a secret. Knowing I had an older sister makes me want to find a big sister figure. I sometimes fantasize that a particular beloved TV actress is my sister. She did a Cameo video for my 50th birthday, and I have met her wonderful husband twice at fan conventions. I told him I thought his wife was a beautiful angel. I am not gay, but I love her. Am I weird?

FANGIRL IN WISCONSIN

DEAR FANGIRL: It isn't weird to feel an attachment to a celebrity. However, it's important to be able to distinguish between reality and fantasy. You "see" this person on a regular basis, but you do not have an actual relationship with her. Close friends often consider themselves to be "sisters" and use the term when addressing each other. You might find what you are reaching out for closer to home if you step back and look for it.

■ ■ ■

DEAR ABBY: I'm living with a man who has four children. We've been together 22 years. He claims the house will be mine upon his demise. How do I ask him to show me his will to see if what he says is true? I don't want to have to fight his children in court, because they have the money to do it and I don't. I work for what I have and a lot of the things in the house I have bought. Please tell me how I can approach the subject.

DEAR ABBY

By Abigail Van Buren
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

CONCERNED AND WORRIED

DEAR CONCERNED: Tell your partner you are worried about your future should something happen to him. Then tell him you would like a copy of his will to ensure it is up to date and to keep in a safe, secure place so there will be no misunderstandings if he predeceases you. After all these years together, your concerns are legitimate, and if he is on the level, he should want to be sure you have peace of mind and are protected.

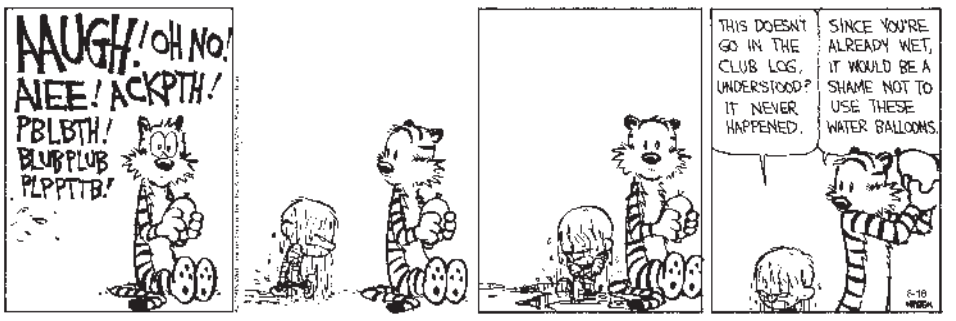
■ ■ ■

To receive a collection of Abby's most memorable – and most frequently requested – poems and essays, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby – Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson


AAUGH! OH NO!
AIEE! ACKPTH!
PBLBTH!
BLURPLUB
PLPPTTB!
THIS DOESN'T GO IN THE CLUB LOG, UNDERSTOOD? IT NEVER HAPPENED.
SINCE YOU'RE ALREADY WET, IT WOULD BE A SHAME NOT TO USE THESE WATER BALLOONS.

Garfield®

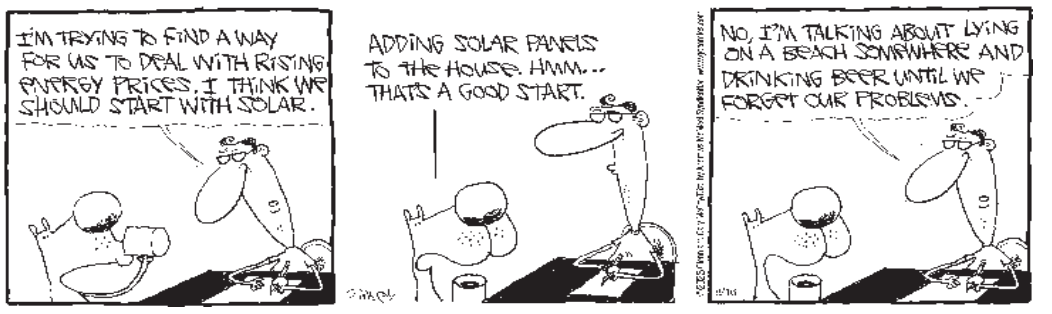
By Jim Davis

Adam@home

By Bryan Basset

The Duplex

By Glenn McCoy


I'M TRYING TO FIND A WAY FOR US TO DEAL WITH RISING ENERGY PRICES. I THINK WE SHOULD START WITH SOLAR.
ADDING SOLAR PANELS TO THE HOUSE. HMM... THAT'S A GOOD START.
NO, I'M TALKING ABOUT LYING ON A BEACH SOMEWHERE AND DRINKING BEER UNTIL WE FORGET OUR PROBLEMS.

CROSSWORD

By Eugene Sheffer

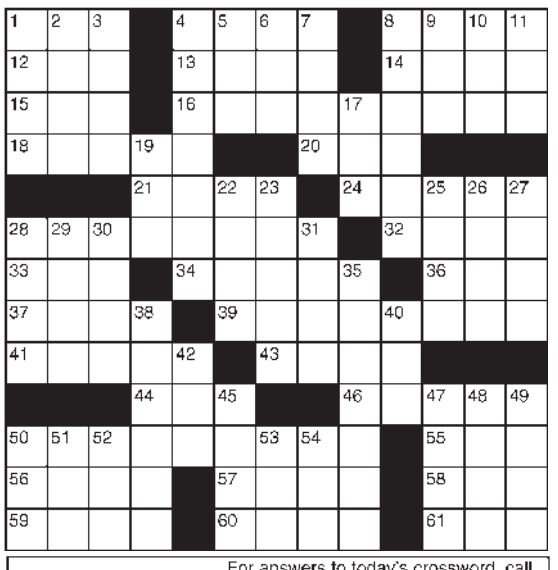
ACROSS
1 Suitable
4 Sail support
8 Metal boxes
12 Itinerary word
13 Within (Pref.)
14 "Superfood" berry
15 Night school subj.
16 Agatha Christie books
18 Chocolate source
20 "— who?"
21 Wuss
24 T-shirt size
28 Napa businesses
32 "The Lion King" lion
33 Enzyme suffix
34 Squelched
36 Cat doc
37 Thick chunk
39 Stipends
41 Seine city
43 "Fight Club" actor Jared
44 Belly
46 Garlicky mayo
50 Ale producers
55 Bit of wit
56 Poodle's name, perhaps
57 Vow
58 Computer key
59 Verne's traveler
60 Village People hit
61 To the — degree

DOWN
1 Opposite of "sans"
2 Tower city
3 Body powder
4 Life stories
5 Whatever amount
6 Map lines (Abbr.)
7 Youngsters
8 Fictional jungle swinger
9 Here, to Henri
10 Scot's denial
11 Venus, to Serena
17 Slithery fish
19 Shock partner
22 Farrow and Hamm
23 Pansy part
25 Sitarist Shankar
26 Jubilation
27 Comestibles
28 Stinging insect
29 Madonna's "La — Bonita"
30 Close
31 Only
35 Boris' cartoon partner
38 Hotshot
40 Marseilles monarch
42 Basketball star Bird
45 Helen of —
47 Store sign
48 Craving
49 Foot fraction
50 Favorite pal, in texts
51 2016 Olympics city
52 D followers
53 "— the Walrus"
54 Catchall abbr.

Solution time: 23 mins.

B	A	S	I	I	■	B	L	O	C	■	S	A	P
C	H	I	O	■	E	A	R	L	■	A	R	I
S	A	N	T	A	R	O	S	A	■	L	I	T
■	■	■	A	N	T	S	■	M	A	L	A	Y
R	O	S	I	N	■	■	C	C	P	Y	■	■
A	G	A	R	■	S	P	A	R	E	H	I	B
I	L	L	■	W	E	A	H	S	■	I	D	A
N	F	E	D	H	F	I	P	■	F	D	O	M
■	■	S	I	I	D	■	■	A	X	F	I	S
S	T	R	I	P	■	S	I	L	T	■	■	■
E	Y	E	■	S	U	S	H	I	R	O	L	L
A	P	P	■	A	N	N	O	■	A	R	I	D
S	O	S	■	W	I	S	P	■	S	A	U	L

Yesterday's answer 8-16



STUMPED? For answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Cameron Monaghan, 30; Steve Carell, 61; Angela Bassett, 65; Madonna, 65.

Happy Birthday: Expect to face ups and downs this year. Refuse to let temptation win or your dreams slip away. Shake off negativity, and don't let the changes or decisions others make alter your plans. Be true to yourself and dedicated to your beliefs, and don't skip a beat when deciding what's best for you. Take the journey that leads to personal growth, and distance yourself from chaos. Your numbers are 8, 19, 23, 27, 31, 38, 43.

ARIES *(March 21-April 19):* Pay attention to how you present yourself to the world. Go the extra mile and dress for success. Socialize, interact with people heading in a direction that interests you and expand your knowledge and circle to suit your needs. ✪✪✪

TAURUS *(April 20-May 20):* Take a breather, give yourself time to think and map out your plans. Preparation will make the difference when it comes to reaching your goal. Look at what others have going for them and add something that makes what you do stand out. ✪✪✪✪

GEMINI *(May 21-June 20):* Home is where the heart is and where you will accomplish the most. Don't let an outsider talk you into something that can lead to trouble or hurt your reputation or position. Put your effort into self-improvement and building confidence. Romance is favored. ✪✪✪✪

CANCER *(June 21-July 22):* Develop a plan you are passionate about and dedicate your time to launching it and reaching out to individuals most likely to help you make your dream come true. Listen to what others contribute and fine-tune your playbook until you are satisfied that success will follow. ✪✪✪

LEO *(July 23-Aug. 22):* Follow your heart, not temptation. Consider what others want from you and what's best for you. Don't feel you must please everyone before you please yourself. Look inward and make changes that boost your confidence and prepare you for success. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Pay attention, recognize prospects and implement positive change. Don't fear taking a different path. You will hold everyone's attention and make a mark if you give your all. Fine-tune your plans to fit whatever situation arises and lead the way. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Get in line and do your part. Your hands-on help will mean more than a financial contribution. It's time to get your hands dirty and make a difference. Connect with other do-gooders and carve a path toward a cause that stimulates your soul. ✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Put jealousy and possessiveness aside and consider taking the high road. How you treat others will reflect who you are and what you have to offer. Be the one who offers hope and is willing to go the distance to reach your objective. ✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Live, love and learn. How you project your thoughts, attributes and willingness to help others will lay the groundwork for what's to come. Don't take on someone else's fight when you have other crosses to bear. Clear the passage and proceed. ✪✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Look for alternative ways to make your money work for you. Reducing your overhead will fund something meaningful to you. Make a promise to yourself or someone you love; a positive change will result in peace of mind. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Stop and reassess your thoughts, relationships and lifestyle. Consider why and for whom you live and do things and if there is something you can do to lighten your load. Live life your way, maintain high standards and proceed. ✪✪✪

PISCES *(Feb. 19-March 20):* Dedicate your time to something meaningful. Take the initiative, pass your thoughts along and enlist those who can contribute to your progress. Opportunities begin with you. Your input, discipline and hard work will help turn your thoughts into a reality. ✪✪✪

Birthday Baby: You are engaging, flexible and wise. You are precise and stylish.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

8	7	4	2	9				
3	6	5				2	9	
				2			7	
			7		5	1		9
	2		9		4	6		5
4		6	8	7		9		1
	9	1		5		8	4	
	8			1			6	7

Difficulty: ★★★ 8/16

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Yesterday's Answer

9	2	8	1	4	7	3	5	6
3	4	1	2	6	5	9	8	7
6	7	5	8	9	3	2	4	1
4	6	3	5	8	1	7	9	2
1	5	7	6	2	9	4	3	8
8	9	2	7	3	4	6	1	5
2	3	6	9	1	8	5	7	4
5	1	9	4	7	2	8	6	3
7	8	4	3	5	6	1	2	9

Difficulty: ★★ 8/15

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

LET'S TALK RUSTIC DECOR Solution: 8 letters

G	B	C	H	E	S	T	C	K	C	O	L	C	N	W
R	A	Y	H	T	R	A	E	O	S	L	L	A	W	O
E	S	L	O	A	N	S	T	O	O	L	S	F	O	O
E	K	N	V	V	M	T	S	P	I	N	E	S	R	L
N	E	S	A	A	A	M	E	W	E	I	E	N	B	A
S	T	S	G	G	N	N	E	L	O	U	I	D	E	R
S	S	A	E	B	R	I	B	R	Q	L	R	S	C	T
T	E	L	D	Y	E	A	Z	I	E	A	L	Y	A	U
E	D	G	A	D	T	N	T	E	O	D	A	I	L	E
N	E	R	D	S	N	N	C	B	D	L	S	H	P	N
I	G	O	E	E	A	A	D	H	C	E	I	V	E	R
B	G	O	T	D	L	A	T	Ⓞ	Ⓐ	Ⓚ	Ⓢ	A	R	E
A	U	M	T	I	E	S	S	S	E	R	T	S	I	D
C	R	S	A	H	A	N	D	M	A	D	E	E	F	O
F	A	R	M	H	O	U	S	E	R	O	R	R	I	M

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Aged, Antiques, Baskets, Bench, Brown, Cabinets, Canvas, Chest, Clay, Clock, Cottage, Distress, Earthy, Farmhouse, Fireplace, Galvanized, Glass, Gray, Green, Hammered, Handmade, Headboard, Hides, Lantern, Ledges, Matted, Mirror, Modern, Neutral, Oaks, Open, Pillows, Pines, Rooms, Rugged, Sisal, Stand, Stones, Stools, Table, Vase, Walls, Wool

Yesterday's Answer: Arctic

The NEW **Wonderword Grand Millennium #1** in LARGE PRINT is now available at www.WonderWordBooks.com or call 1-800-642-6480. (In Canada, call 1-866-232-2367)

3 late homers lift Marlins to series opening win over Astros

MIAMI (AP)—Jorge Soler, Luis Arraez and Josh Bell hit consecutive homers in the eighth inning and the Miami Marlins beat the Houston Astros 5-1 on Monday night.

Houston starter Framber Valdez (9-8) limited the Marlins to four hits and two runs – one earned – through 7 2/3 innings before Soler and Arraez connected with solo shots to make it 4-1 and end the left-hander's outing.

"It's fun because I never hit homers," Arraez said. "I followed Soler and said it was my time."

Hector Neris relieved and allowed Bell's blast over the wall in right. Bell, who celebrated his 31st birthday, extended his on base streak to 12 games since he joined the Marlins Aug. 2.

"A lot of smiles, a lot of jumping up and down. It makes you feel like a kid sometimes," Bell said of the homer outburst. "Sometimes, the game is the hardest thing in the world but when you can do something like that and celebrate as a team, it makes the down side of the game that much easier."

It was just the second time in franchise history—the first was in 1998—the Marlins hit three consecutive home runs.

"Those are really nice, especially against a team like that," Marlins manager Skip Schumaker said. "That offense, there were a lot of loud outs today, so I was totally OK with adding some insurance runs late."

Arraez went hitless in his first three at-bats and his major league-leading batting average dropped to .366, while Soler returned to the lineup after missing the last two games because of a stomach virus.

"The body was a little weak but I'm feeling better now," Soler said.

Marlins starter Braxton Garrett (7-3) threw five scoreless innings and was lifted after 75 pitches. The left-hander gave up four hits, walked two and struck out one.

The Astros stranded 10 runners and were 2-for-12 with runners in scoring position. Garrett escaped a bases loaded one-out jam in the second by striking out Jake Myers and retiring Martin Maldonado on a pop out.

"That was a huge blow for us to come away with nothing," Astros manager Dusty Baker said. "But we hit the ball great. Line drive after line drive. Just wasn't our night."

Consecutive doubles from Nick Fortes and Jon Berti in the third gave Miami an early lead. Berti stole third and scored on catcher Martin Maldonado's passed ball to make it 2-0.

AP

Miami Marlins' Luis Arraez celebrates as he rounds second base after hitting a home run during the eighth inning of a baseball game against the Houston Astros, Monday, Aug. 14, 2023, in Miami.

The Astros narrowed the deficit on José Altuve's RBI double in the seventh. Jeremy Péna hit a leadoff single off Jorge López and advanced on the reliever's wild pitch. Tanner Scott relieved López after two outs and allowed Altuve's shot to the left field wall.

Scott got the three outs in the eighth around two singles before David Robertson pitched the ninth.

Altuve finished with three hits and a walk. Earlier Monday, Altuve was named AL Player of the Week.

Miami's Yuli Gurriel went hitless in three at-bats against his former team. The 39-year-old Gurriel spent the first seven seasons of his career with the Astros before signing a free agent deal with the Marlins this season.

After crowds exceeding 30,000 for each of the Marlins' three home games against the New York Yankees over the weekend, the turnout for Monday's series opener was 13,263.

The Marlins placed RHP Huascar Brazoban (left hamstring strain) on the 15-day injured list and recalled RHP Bryan Hoeing from Triple-A Jacksonville.

BRAVES 11, YANKEES 3

ATLANTA (AP)—Max Fried allowed two runs in his first home start in more than three months, Nicky Lopez had three hits and three RBIs in a fill-in role, and Atlanta defeated New York.

Eddie Rosario drove in four runs with three hits, including a two-run homer, in Atlanta's 15-hit attack.

Fried (4-1) gave up eight hits in six-plus innings in his first home start since May 5. He returned from the 60-day injured list on Aug. 4 after missing 70 games with a left forearm strain and allowed a combined four runs in two road starts.

Lopez has a combined eight RBIs in his last two starts. He had a two-run single in the second off Clarke Schmidt (8-7) before driving in another run with a single in Atlanta's four-run third.

ORIOLES 4, PADRES 1

SAN DIEGO (AP)—Ryan O'Hearn homered and Gunnar Henderson hit a bases-clearing double off Yu Darvish for the AL-best Baltimore, earning a third straight win.

Rookie right-hander Grayson Rodriguez (3-3) held the Padres to one run on three hits while going seven innings for the first time. He struck out six and walked one to win for the first time in nine starts. His last victory came May 9 against Tampa Bay.

Félix Bautista finished the combined four-hitter by pitching the ninth for his AL-leading 32nd save in 38 chances. He walked Fernando Tatis Jr. and Juan Soto with one out and then got Manny Machado to ground into a double play to end it.

Darvish (8-8) allowed four runs and eight hits in seven innings. He had six strikeouts to move past Hideo Nomo for the most by a Japanese-born pitcher with 1,919. Nomo, a special assistant in the Padres' baseball operations department, watched from the front row of a luxury suite.

RANGERS 12, ANGELS 0

ARLINGTON, Texas (AP)—Max Scherzer allowed only one infield single and one walk while striking out a season-high 11 in seven innings to record his third win in three Texas starts.

Marcus Semien had two hits and a season-high five RBIs, including a three-run home run in the seventh inning. Three batters later, Adolis Garcia increased his AL-best RBI total to 91 with a two-run shot that was his 30th of the season.

Martin Perez followed Scherzer (12-4) to finish the combined one-hitter, extending the final string of consecutive batters retired to 22.

In the Rangers' three-run third, one run scored on a bases-loaded walk by Patrick Sadoval (6-9)—his final batter—and another scored on a wild pitch by Griffin Canning.

Texas batted around in the third and seventh innings. Angels pitchers allowed 12 hits, walked eight–one intentionally–and threw two wild pitches through seven innings before infielder Eduardo Escobar pitched the eighth and gave up one unearned run.

RAYS 10, GIANTS 2

SAN FRANCISCO (AP)—Christian Bethancourt homered and singled in a run to back Tyler Glasnow's fourth straight winning decision, and Tampa Bay won their first game since placing All-Star shortstop Wander Franco on the restricted list.

Glasnow (6-3) had plenty of run support in winning his third start in a row. The right-hander struck out seven and walked three over six innings.

In a matchup of two players making their major league debuts, Jacob Lopez struck out Wade Meckler with the bases loaded to end the seventh. Lopez pitched three innings for his first career save.

Tristan Beck (3-2) relieved opener Ryan Walker in the third inning and gave up five runs on 10 hits over three innings as the Giants lost for the seventh time in nine games.

ROYALS 7, MARINERS 6

KANSAS CITY, Mo. (AP)—Dairon Blanco executed a suicide squeeze bunt in the ninth inning to score Samad Taylor, and Kansas City rallied to hand the playoff-contending Seattle its third straight loss.

Brady Singer took a no-hitter into the seventh inning, Bobby Witt Jr. hit an inside-the-park homer and Salvador Perez hit a three-run shot to build the Royals' 5-0 lead. But it all came undone in the final two innings.

Julio Rodríguez hit a bases-clearing double in the eighth to get the Royals within 5-3, then scored on a single by Eugenio Suárez. In the ninth, Josh Rojas tied it with a run-scoring single against Nick Wittgren (1-0), and Rodríguez's RBI single put the Mariners on top.

But Matt Brash (8-4) immediately ran into trouble in the ninth. He gave up consecutive singles and Perez tied the game with a sacrifice fly. Blanco then bunted Brash's first pitch down the first-base line, and first baseman Dylan Moore couldn't handle it cleanly as Taylor dashed home with the game-ending run.

ROCKIES 6, DIAMONDBACKS 4

DENVER (AP)—Nolan Jones singled in the go-ahead run in a three-run eighth inning and Colorado beat Arizona to snap a five-game losing streak.

Charlie Blackmon, Ezequiel Tovar and Ryan McMahon opened the eighth inning with singles to load the bases against Joe Mantiply (1-1), the third Arizona pitcher. Scott McGough entered and retired Elias Diaz on a liner to shortstop Geraldo Perdomo before Brandon Rodgers' two-run single tied the score and sent McMahon to third. Jones followed with his go-ahead single to center.

Matt Koch (2-0) struck out two in a 1-2-3 eighth and Justin Lawrence struck out the side in the ninth for his 10th save in 14 chances

Christian Walker hit his 25th homer and drove in three runs for the Diamondbacks, who have lost 10 of their last 12 games. Merrill Kelly gave up two solo homers and struck out 11 in six innings.

METS 7, PIRATES 2

NEW YORK (AP)—Francisco Lindor became the first Met to reach 20 home runs and 20 stolen bases since 2008 as New York won consecutive games for the first time this month.

Jonathan Araúz hit a two-run homer while Daniel Vogelbach and Brandon Nimmo added solo homers as the Mets scored in each of the first six innings in a home game for the first time since 1987. Pete Alonso added an RBI double.

Lindor singled off rookie Quinn Priester (2-2) in the third, doubled in the fifth and scored each time. Priester allowed six runs and seven hits in five innings.

Carlos Carrasco labored through three innings and allowed two runs and four hits. Tyson Miller (1-0) pitched two innings in his Mets' debut and got his second career win.

CARDINALS 7, ATHLETICS 5

ST. LOUIS (AP)—Rookie Jordan Walker hit a bases-loaded triple in the seventh inning, and St. Louis rallied for the win over Oakland in a matchup of last-place teams.

Jo Jo Romero (3-1) worked 1 1/3 innings of scoreless relief for the Cardinals, who had lost their previous six meetings with the A's.

In the seventh, Angel Felipe (1-1) walked the bases full with one out and gave way to Francisco Perez, who walked Lars Nootbaar on five pitches to move the Cardinals within 5-4.

Miles Mikolas departed with a 3-2 lead after yielding consecutive one-out singles in the seventh. Giovanny Gallegos, pitching on his 32nd birthday, entered and gave up a run-scoring double by Zack Gelof and a two-run single by Brown.

A's starter JP Sears allowed three runs in five innings. Esteury Ruiz hit a two-run homer for Oakland in the fifth.

Spain nervous ahead of semifinal, a match vs tourney stalwart Sweden

SYDNEY (AP)—Spain failed to qualify for the first six editions of the Women's World Cup, but once La Roja made the tournament in 2015 they've made a steady climb toward joining the global elite.

Spain scored its first point with a draw in its World Cup debut. Four years later, Spain advanced to the knockout round before it was eliminated by the U.S. team that went on to clinch a second consecutive championship.

Now in their third World Cup, the Spaniards have reached a new level and face Sweden in the first World Cup semifinal on Tuesday at Eden Park in Auckland, New Zealand.

AP

Spanish players celebrate with supporters following their extra time win at the Women's World Cup quarterfinal soccer match against the Netherlands in Wellington, New Zealand, Friday, Aug. 11, 2023.

It is Spain's first semifinal match in a major tournament since the 1997 European Championships, and the reward for making it this far? A match against the second-ranked team in the world that has already eliminated the U.S. and Japan in this tournament.

The Swedes are playing in a fifth World Cup semifinal: they were runners-up in 2003, finished third three times, and, just to note how consistently strong the Swedes have been, they lost the gold medal match to Canada two years ago at the Tokyo Olympics.

So is Spain nervous?

You better believe it.

"If we're not nervous, something is not going right," forward Jenni Hermoso said on the eve of the match. "We have to feel that nervous sense in our stomach and to have the willpower. To reach the final, just thinking about it gives me shivers. We are close to achieving this but we have (another) game. It's another final as far as we're concerned."

Spain leads all teams in the tournament with 15 goals so far and is determined to showcase its offense against Sweden, which has so far allowed just two goals and beat the United States in the knockout round on penalties.

It's unknown what Alexia Putellas will have in this monumental moment in Spain's women's soccer history.

Putellas tore her ACL last year and wasn't a guarantee to even make Spain's 23-player roster. The 29-year-old midfielder, a two-time Ballon d'Or winner as the sport's best player, was a substitute in Spain's first match of this World Cup, started the second match of group play, but has been used sparingly since.

The Barcelona star has played in all five of Spain's matches, but hasn't been on the field for more than an hour in any match and has logged just 155 minutes in total. She has no goals, but does have an assist, in the tournament.

Spain coach Jorge Vilda wouldn't commit Monday to how Putellas will be used against Sweden.

"We are very happy with the level Alexia has reached. Since the first day of training we have noticed this," Vilda said. "It is true that she is in the process of a recovery of nine or 10 months. We've adapted... and Alexia is ready for everything."

Picking up the slack in Putellas' absence has been Aitana Bonmati, who has scored three goals in this World Cup to tie teammates Hermoso and Alba Maria Redondo Ferrer as Spain's most prolific scorers.

Sweden has its own player concern with forward Sofia Jakobsson battling an illness ahead of the match. Sweden coach Peter Gerhardsson wasn't sure of Jakobsson's status against Spain.

"Let me just say that everyone trained fully and Sofia Jakobsson is kind of climbing the walls currently," he said. "I don't know what that means, but I think that is a very positive sign. So, very mild symptoms of illness. I hope that we have everyone available — that's the plan."

The Swedes have been led offensively by centerback Amanda Ilestedt, who has never been considered much of a scorer at international level and yet has four goals in this World Cup and trails only Hinata Miyazawa's five goals for Japan in the race for the Golden Boot.

Sweden eliminated Japan in the quarterfinals.

Before this tournament, Ilestedt had scored just eight goals in 64 appearances for Sweden's national team in a decade-long international career.

"Amanda is amazing, but we have so many players that are really good in areas," forward Fridolina Rolfo said while praising Sweden's execution on set pieces. "I don't think anyone cares who is the leading goal scorer. But obviously it is amazing that Amanda has scored so many goals on our set pieces, which is our strength."

Vilda said because Spain has never beaten Sweden, the Swedes are the favorites to win the semifinal match and maybe the entire tournament. The winner in Auckland faces the winner of the semifinal match between co-host Australia and European champion England.

"About being the favorite team beforehand? I don't know what team is the favorite in this game," Rolfo said. "When you reach the semifinals, there are only good teams. I know they have a great team, and so do we."

Renard already plotting Olympic revenge after losing to Australia

BRISBANE, Australia (AP)—Hervé Renard walked away from the narrowest of Women's World Cup quarterfinal exits and immediately started plotting France's next opportunity to avenge a loss to Australia.

Co-host Australia held fifth-ranked France 0-0 in regulation and extra time and then won 7-6 in a penalty shootout on Saturday in Brisbane. The Australians advanced to the semifinals for the first time and will next face European champion England.

Renard's French lineup will go home, their attention already turned to the Olympics starting next July 26 in Paris.

"Now we have to look forward," Renard said. "We're organizing the Olympic Games in Paris. So, we're awaiting for you. We'll have our revenge!"

The French will definitely be there as hosts, but Australia hasn't completed Asian qualifying. Still, the sentiment is all the same.

In March, Renard replaced Corinne Diacre as head coach of a French women's team that was in turmoil. Captain Wendie Renard was considering skipping the World Cup and a host of senior players seemingly weren't in the frame for selection.

He rebuilt the squad, recalling the likes of leading scorer Eugenie Le Sommer, topped Group F with wins over Braziland Panama, and then trounced Morocco 4-0 in the round of 16.

With those victories, the well-traveled Renard became the first head coach to win games at both the women's and men's World Cups. His upset victory with Saudi Arabia over eventual champion Argentina was one of the highlights of the men's World Cup in Qatar last year.

Against Australia, though, he said it was like taking on an entire nation. The Australians are co-hosting the tournament with New Zealand, and the government, the football federation and the public are deeply invested in the success of the Matildas. It was the third straight loss for France in a Women's World Cup quarterfinal, including in 2019 as host.

The French had chances in both halves of regulation time, and in extra time — when the Australians appeared to concede an own-goal only for the referee to disallow it.

Australian goalkeeper Mackenzie Arnold repelled every French effort on goal and then made three clutch saves in the shootout.

Renard sent on shootout specialist Solene Durand deep in extra time to replace France's starting goalkeeper Pauline Peyraud-Magnin. She made three saves, which would normally be enough to win it. But, as Renard said, it's a game of less than inches.

"We knew the qualities of Durand. She's amazing on the penalty shootout," Renard said. "If we'd won, I was the king of the world. But this evening I'm nothing because we lost for some millimeters.

"This evening it was 50-50, but destiny chose Australia. It was a fantastic image of women's football."

Organizers have sold more than 1.7 million tickets, a Women's World Cup record, and there's been sellout crowds for the big games — including two exceeding 75,000 for Australia's games at Sydney's Stadium Australia.

The expanded 32-team tournament has added an extra element of excitement, and obviously more games.

Australia is the only non-European team left in the tournament now that it's down to four, with its next game against its oldest sporting rival for a spot in the final against either Sweden or Spain.

Renard wouldn't mind seeing the Aussies win it, if just for helping to put on such a vibrant tournament.

"I'm wishing you all the best," he said. "I would like to repeat one more time: This competition was fantastic for us. Beautiful cities, beautiful stadiums, the atmosphere was fantastic.

"It's a shame for us to go home. But, all the best to you now—I'm sure you can win this World Cup."

Harden calls 76ers' Morey a liar and says he won't play for his team

PHILADELPHIA (AP)—James Harden appears determined to sever ties with the Philadelphia 76ers after the star guard called team president Daryl Morey a liar at a promotional event in China.

Harden's comments—video of which surfaced Monday—came almost seven weeks after he picked up his $35.6 million option with the 76ers for this season and then promptly said he wanted to be traded.

The Sixers told Harden's agent, Mike Silverman, over the weekend that Morey was unable to find a suitable deal and the franchise was not compelled to deal him unless it could find a package that would enhance their chance to contend, a person familiar with the situation told The Associated Press. The person spoke to the AP on condition of anonymity because the negotiations were not made public.

"Daryl Morey is a liar and I will never be a part of an organization that he's a part of," Harden said at the event. "Let me say that again: Daryl Morey is a liar and I will never be a part of an organization that he's a part of."

Harden had posted mostly fan-friendly videos of the Asian tour on his Instagram account and appeared to make the comments at an event for the sneaker company that endorses him.

The 76ers had no comment on Monday.

Harden, who turns 34 later this month, could have declined the option and decided to try for free agency. Harden preferred a trade to the Los Angeles Clippers but those talks — and talks with other team — went nowhere.

Despite his comments, there was no immediate word on Harden's status for training camp, which opens in October — though it certainly doesn't seem promising.

Harden, a 10-time All-Star and 2018 NBA MVP, has tried to force his way off his third team in three years. Harden blossomed into a star with the Houston Rockets — when Morey ran the team — until he wanted a trade to Brooklyn. The Rockets eventually agreed and shipped him to the Nets. When a Big Three championship run with Kevin Durant and Kyrie Irving never developed, Harden wanted a trade to the 76ers — in large part, because of his strong professional and personal ties with Morey.

By LEIGH GASES
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REPORTER

Checkpoint overpowers Vik Team, 115-72

Checkpoint put a stop to Vik Team's bid for a second win as they doused them with 3-pointers for a 115-72 blowout victory in the continuation of the Inaugural SMEC-SMLEC Invitational Basketball Tournament 2023 last Monday night at the Gualo Rai Basketball Court.

The league was on hold for most of last week due to rain and resumed Monday night, but with only one game as the first game was also rained-out.

Checkpoint had the stop sign up for the whole game as Vik Team always fell short at the end of each quarter. Shots from deep 3-point territory allowed Checkpoint to pull into the lead quickly.

Chioni Dela Cruz opened the game up with a 3-pointer, followed by multiple 3-pointers by Jack Aranda in the first quarter alone, for a 24-18 lead. Dela Cruz ended up being the star of the game as he put up 28 points—the most from both teams.

Aranda also racked up a lot of points with 21 as he and Dela Cruz terrorized Vik Team's defense with shots from 3-point range. Aranda had five 3-point shots while Dela Cruz had six.

Their teammates Jeff Castro and Carlo Castillo also carried their weight with 12 points each as they went a different route through field goals and aggressiveness within the paint. Castillo did shoot two 3-pointers of his own.

Meanwhile, Vik Team were struggling to get their attempts in and the duo of Joseph Torres and San Devero had to inch their way to at least lessen the gap that Checkpoint was putting between them.

CONTRIBUTED PHOTO

Team Checkpoint poses for a photo at the Gualo Rai Basketball Court during their game in the Inaugural SMEC-SMLEG Invitational Basketball Tournament 2023.

However, even with the duo's 14 points each plus Jeff Castro's 12 points, it was not enough to catch up to the speedy Checkpoint crew.

Checkpoint made a pit stop in the third quarter and revved into action with their offense and defense as they pulled away into the lead, 77-59. Vik Team could not catch up to Checkpoint's clean shot, after clean shot, and ended the game with a 43-point deficit.

Checkpoint 115 – Dela Cruz 28, Aranda 21, Castro 12, Castillo 12, Kim 9, C. Santos 9, K. Santos 9, G. Camacho 8, J. Camacho 4, Yanto 2, Sablan 1.

Vik Team 72 – Torres 14, S. Devero 14, Castro 12, I. Devero 10, Gontar 5, Nicodamus 5, Apasan 4, Reyes 4, De Dios 2, Montes 2.

Scoring by quarters: 24-18, 52-37, 77-59, 115-72.

Top Shelf serves $10K in-kind hole-in-one at MTEC Golf Classic

Top Shelf Wines & Spirits is stepping up to serve a $10,000 in-kind credit as a hole-in-one prize for the 2023 Marianas Tourism Golf Classic on Saturday, Sept. 2, 2023, at LaoLao Bay Golf & Resort west course.

Top Shelf general manager John Jones and tournament organizers have their fingers crossed for a robust and perfectly balanced tee-off on hole No. 17 that will have one lucky golfer walking away rich with merchandise from the hole sponsor.

Proceeds of the tournament will go to fund the education work of the non-profit organization Marianas Tourism Education Council, which focuses on community outreach and school tourism MY WAVE Clubs. MTEC marks its 22nd anniversary this year.

"I'm happy to support MTEC. Tourism is our main and only industry now," said Jones. "Saipan is already a great tourist destination, but anything we can do to make it better ... .we're happy to support."

Registration is $120 until Aug. 25, 2023. After Aug. 25, registration increases to $140. Optional play is $30. Only 144 players will be registered. No refunds will be issued after August 25. Registration—including payment—is accepted at LaoLao Bay Golf & Resort (credit card or cash only) and the Marianas Visitors Authority office (cash or check only) on Beach Rd., Garapan, in the Gold Beach Hotel building. Checks should be made payable to Marianas Tourism Education Council. Registration forms and sponsorship details are now available on The Marianas Calendar at www.mymarianas.com.

CONTRIBUTED PHOTO

Top Shelf Wines & Spirits general manager John Jones, second left, presents a selection of wine and a $10,000 in-kind hole-in-one prize on Aug. 11, 2023, in Gualo Rai, Saipan, for the Marianas Tourism Golf Classic to be held on Sept. 2, 2023, at LaoLao Bay Golf & Resort

The tournament format will be medal play. Flight categories are Championship (0-5), A Flight (6-10), B Flight (11-16), C Flight (17+), Ladies, Senior (ages 55-60), and Super Senior (ages 61 and above). Showtime on game day is 6am., with a shotgun start at 7am. The awards luncheon will immediately follow the tournament.

For more information, contact Marianas Tourism Golf Classic Committee Chairman Martin Duenas at mduenas@mymarianas.com or committee member Jack Aranda at jaranda@mymarianas.com or call (670) 664-3200/1. ***(PR)***

TEAM

From page 28

run, 4-5. Seaweed Vibes were always one run ahead of them as they added three more in the next inning, while No Choice also added three for a 7-8 Seaweed Vibes lead.

They were still neck-and-neck until Seaweed Vibes scored two in the third from a two-run home run by Jun Nekai and a three-run home run in the fourth by Pete Iguel. No Choice only scored four more and were now down by two runs, 11-13.

No Choice scored only one more run in the last inning after Seaweed Vibes added two more in the sixth for a 15-12 final.

Saipal 20, Blue Jays 18

In a close game, Saipal pulled away from the Blue Jays to win by just two runs, 20-18.

The Blue Jays got off to a great start as they scored seven in the first inning from a three-run home run from Nate Sablan and another three-run shot by Froilan Camacho. However, Saipal tried to tie the game up and managed to score six in their at-bat for a one run, 7-6 Blue Jay lead.

The Blue Jays still had some spring in their bats when E.J. Cabrera hit another three-run moonshot for a more sizable 10-6 lead. Saipal brought in only two runs in the third inning and three in the fifth inning and this time were down by two, 13-11.

When it seemed the Blue Jays would fly away with the win after scoring five more runs in the last inning, Saipal had the last hurrah as they came from behind with fireworks off the bats of Troy Laniyo for a two RBI home run; and Joe Kapileo's and Trey Allen's three-run home runs each—which was enough for the win.

Results of the other games will be posted in the next issues of *Saipan Tribune.*

ADEN

From page 28

pionships in Santiago, Chile; and gold and silver in the 2023 USA Wrestling Junior National Championships in Fargo, North Dakota.

Weighing in at 130 kg, he is favored to bag a podium finish in the heavyweight category.

Attao, who is an incoming freshman at Oregon State University, said this World's Championship is a precursor to his collegiate wrestling campaign, with many more competitions on the horizon.

The son of Jesse Attao and Stacey Hammar, Aden last visited the CNMI in 2011 when he was 6 years old. He is the grandson of Jesus and Ramona Attao.

ROHRINGER

From page 28

finished with net scores of 80 and 81, respectively. Jones carded a gross score of 91 (46-45), while Togawa came away with a gross of 87 (42-45).

Sae Hee Kim (net 82), Nirimai Koebel (net 84), Janet Torres (net 84), Sophia Jang (net 84), Clara Chang (net 91), and Dol Yamagishi (net 92) also took part in the August tourney.

The club continues to look for new members as the new season continues. For those interested in becoming a member of CWGA or for more information, contact CWGA president Yuko Togawa at 287-9856, vice president Lorraine Babauta at 287-0621, or treasurer Lou Kim at 783-7317.

CONTRIBUTED PHOTO

Rose Rohringer, right, poses with fellow CNMI Women's Golf Association members during the August tournament last Saturday at the Kingfisher Golf Links in Talafofo.

3 late homers lift Marlins to series opening win over Astros.

PAGE 25

Saipan Tribune
Sports

Checkpoint overpowers Vik Team, 115-72.

PAGE 27

Aden Attao suits up for World Champs

By LEIGH GASES
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REPORTER

Aden Attao, CNMI son and multi-awarded wrestler, is suiting up for the big stage as he heads to the 2023 U20 World Championships in Amman, Jordan from Aug. 14 to 19.

Attao is competing this Friday, Aug. 18. and Saturday, Aug. 19, in the Greco-Roman portion.

The 18-year-old member of the U.S. World Team is in the hunt for a gold medal this time around after getting a bronze medal last year.

With his training, he said "Training has been the same—just as hard, just as often, and just working on crafting my perfect techniques, so they will work when I need them to."

Along with bagging a gold of his own, he said he hopes the team as a whole would do a good job. "USA Greco has never been great; however I do think this team could pull off some good ones and make some big moves toward making USA Greco a powerhouse again," he said.

With a bronze medal in the 2022 U20 World Championships in Sofia, Bulgaria, he was the only U.S. Greco-Roman representative to make the medal stand. The U.S. team finished in 12th place in the Greco-Roman division at the 2022 U20 World Championships with 39 total team points and one bronze medalist who was Attao.

Just last month, the Boise, Idaho, native won gold in the U20 Pan-American Cham-

See ADEN on Page 27

CONTRIBUTED PHOTO
Aden Attao is suiting up for Team USA in the 2023 U20 World Championships in Amman, Jordan set from Aug. 14 to 19 and is on the hunt for a gold medal.

Rohringer roars to win in August tourney

By MARK RABAGO
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ASSOCIATE EDITOR

Rose Rohringer topped the CNMI Women's Golf Association's August monthly tournament last Saturday, Aug. 12, at the Kingfisher Golf Links in Talafofo.

The CNMI national golf team member in last year's Northern Marianas Pacific Mini Games 2022 shot a net score of 79 to beat a nine-player field.

The 38-year-old native of Pangasinan in the Philippines came away with a gross score of 92 after shooting a pair of 46s.

Rohringer said last Saturday's tournament wasn't exactly ideal for a round of golf.

"We all endured difficult weather conditions with frequent rain delays. I was able to keep my ball in play with driving and fairway shots, not having lost a single ball. I only used one ball, which is quite unusual for me!"

She then dedicated her August win to a good friend currently battling the Big C.

"I'm dedicating my win to a dear friend and his wonderful wife who are bravely battling his cancer with amazing positive attitudes," she said.

Rohringer, who has been playing golf for the past 10 years, beat Flor Jones and Yuko Togawa for the monthly plum after the two

See ROHRINGER on Page 27

Rohringer

Team Mac one ups TuTuRamz, 24-23

By LEIGH GASES
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REPORTER

Team Mac one-upped TuTuRamz, 24-23, in a thrilling, run-filled game in the 2023 Budweiser Belau Amateur Softball Association Slow Pitch Open League last Sunday at the DanDan Softball Field.

Team Mac's one-run lead sufficed as pitcher Eric Kapileo held TuTuRamZ down in their last at-bat for an easy last inning to end the game.

Melvin Keller's two-run home run for Team Mac was also the difference in the fifth inning as he tied up the ball game, 23-23, then Dave Malwelbug tacked up the last run for the lead, which was enough for the win.

Team Mac had an explosion of runs in the first inning from back-to-back RBIs from the line up, plus two home runs from Shane Pangelinan and Max Keller to make it 10-0. They led until the fifth inning when TuTuRamZ's bats woke up and scored seven runs plus their other runs earlier in the game to overtake the lead, 23-18.

However, TuTuRamZ's lumber went back to slumber when they needed it most in the last inning. Team Mac came from behind and scored five runs in the last inning which took the lead back and was enough for the win.

LEIGH GASES
Team Mac's Mac Scaliem, left, is out by a step at second base during their win against TuTuRamZ in the 2023 Budweiser Belau Amateur Softball Association Slow Pitch Open League last Sunday at the DanDan Softball Field.

Seaweed Vibes 15, No Choice 12

Seaweed Vibes got the better of No Choice to win by three runs, 15-12.

Seaweed Vibes struck first with a three-run home run by Wattz Taisakan to start off the first inning. Two more runs came in before three outs and it was a 5-0 game.

No Choice replied quickly and closed the lead by just one

See TEAM on Page 27